aktueller Kursplan

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
11.00-12.00h	Zumba Fitness Melanie			11.00 - 12.00h	Aquazumba Melanie (Rheinmain-Therme Hofheim)			10.00-11.00 h	Jumping Fitness Melanie	11.00 - 12.00h	Piloxing Sandra		Sonntags geschlossen
				Aquazumba in der Rheinmain Therme	(nur Eintritt erforderlich- keine Kursgebühr)					12.00 - 13.00h	Jumping Fitness Sandra		
17.00-18.00h	Zumba Gold Melanie	17.00-18.00h	Variosling Melanie	17.00-18.00h	Zumba Toning Melanie	17.00-18.00h	Deep Work Melanie	17.00-18.00h	Funcional Circle Melanie				
18.00- 19.00h	Jumping Fitness Claudia	18.00-18.30h	Tabata Workout Melanie	18.00-19.00h	Zumba Gold Melanie	17.00-18.00h	Bellydance Vasilica	18.00-19.00h	Jumping Fitness Melanie				
18.15- 18.45h	Tabata Workout Melanie 04.12.17-05.02.18	18.00-19.00h	Zumba Fitness Sandra/Sabrina	19.00-20.00h	Zumba Fitness Melanie	18.00-19.00h	Variosling Melanie	19.00-20.00h	Zumba Fitness Silvio				
19.00- 20.00h	Zumba Fitness Silvio	19.00-20.00h	Jumping Fitness Melanie	19.00-19.45h	Faszien-Fitness Bettina	18.00-19.00h	Jumping Fitness Sandra	19.15-20.00h	Pound Melanie				
19.00-20.00	Core-Fit Bettina	20.00 -21.00h	Piloxing Sandra	20.00-21.00h	Jumping Fitness Claudia	19.00-20.00h	Zumba Fitness Silvio	20.00-21.00h	Strong by Zumba Melanie				
20.00-21.00h	Piloxing Knockout Sandra/Claudia	20.30 - 21.30h	BBP (Bauch Beine Po) Melanie	21.00-22.00h	Body-Power Melanie	20.00-21.00h	Jumping Fitness Melanie						
20.15-21.00h	Jumping Tabata Melanie					21.00-22.00h	Zumba Toning Melanie						
21.00-22.00h	Salsation Melanie												