Kursplan ab 2018

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	10.00 - 11.00h	Selbsrverteidigung (Fight Club Heusenstamm)		Sonntags geschlossen
				Aquazumba in der Rheinmain Therme	(nur Eintritt erforderlich-keine Kursgebühr)					11.00 - 12.00h	Piloxing 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	12.00 - 13.00h	Jumping Fitness Sandra		
18.00- 19.00h	Jumping Fitness Sophia	18.00-18.30h	Tabata Workout Melanie	18.00-19.00h	Selbstverteidigung (Fight Club Heusenstamm)	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	18.00-19.00h	Zumba Gold 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	19.00-20.00h	Zumba Fitness Melanie	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	19.00-19.30h	PME progressive Muskelentspannung Bettina	19.00-20.00h	Zumba Fitness Silvio	20.00-21.00h	Strong by Zumba Melanie				
20.15-21.00h	Jumping Tabata Melanie	20.30 - 21.30h	BBP (Bauch Beine Po) Melanie	19.30-20.15h	Faszien-Fitness Bettina	20.00-21.00h	Jumping Fitness Melanie						
21.00-22.00h	Salsation Melanie			20.00-21.00h	Jumping Fitness Silvio	21.00-22.00h	Zumba Toning Melanie						
				21.00-22.00h	Body-Power Melanie								