18:15 - 19:00 KH (ex SPH)
Fitness complete - ~~Dina K.~~ Ulrike H.

18:15 - 19:15 Gym IV
Vinyasa Yoga advanced - *Sebastian S.*

18:30 - 19:45 HW-GymA
Qi Gong - *Birgit S.*

19:00 - 20:00 Gym II
NIA® - *Romana K.*

19:00 - 19:45 SOFT 1
Bauch Beine Po - Outdoor - *Jochen T.*

19:15 - 20:15 Gym V
Spinning® I-II - *Konstanze T.*

19:15 - 20:00 Gym I
Rückengymnastik - *Michael L.*

19:15 - 20:00 KH (ex SPH)
Fitness complete - ~~Dina K.~~ Ulrike H.

19:15 - 20:30 KILO
Yoga - outdoor active city - *Anja K.*

19:30 - 20:30 Gym IV
Yoga für Sportler - ~~Sandra Luisa M.~~ Carina J.

20:00 - 20:45 SOFT 1
Bodyworkout - Outdoor - *Jochen T.*

20:15 - 21:15 Gym II
Pilates - *Catia W.*

20:15 - 21:15 Gym I
Seniorfit - *Carmen A.*

20:15 - 21:00 UH
Fitness complete 50+ - *Manfred A.*

20:30 - 21:45 Gym V
Modern / Jazz - *Amelie S.*

20:45 - 22:00 Gym IV
Kundalini Yoga - *Anja E.*

18:00 - 18:45 Gym V
Pole Dance * - *Catia W.*

18:00 - 18:45 Gym II
Bauch Beine Po - *Dagmar S.*

18:15 - 19:00 UH
Line Dance Anf. / Vorkenntnisse - *Rita K.*

18:15 - 19:00 Gym I
Rückengymnastik - ~~Birgit A.~~ fällt aus

18:30 - 19:30 HW-GymA
Barre Fusion - *Laura W.*

19:00 - 20:00 Gym V
Spinning® I-II - *Katrin B.*

19:00 - 21:00 KRAFT
Krafttraining - *Aljoscha L.*

19:00 - 20:15 Gym III
Tai Chi - *Birgit S.*

19:00 - 19:45 Gym II
Bauch Beine Po - *Dagmar S.*

19:00 - 20:00 KILO
Pilates - Outdoor active city - *Ann-Kathrin S.*

19:15 - 20:00 Gym I
Rückengymnastik - ~~Diana M.~~ Carmen A.

19:15 - 20:00 UH
Line Dance Fortgeschrittene - *Rita K.*

19:15 - 20:00 Gym IV
Stretch & Relax - *Doris T.*

19:15 - 20:00 KH (ex SPH)
Zumba® - *Elsa S.*

19:45 - 21:30 HW-GymA
Cheerdance - *Nina W.*

20:00 - 20:45 Gym II
Pilates - *Nina D.*

20:15 - 21:00 UH
Pilates - *Doris T.*

20:15 - 21:30 Gym IV
Vinyasa Yoga advanced - *Kathrin P.*

20:15 - 21:15 KILO
Fitness - Outdoor active city - *Ann-Kathrin S.*

20:15 - 21:00 KH (ex SPH)
Fitness complete - *Diana M.*

20:15 - 21:15 Gym V
Hot Iron® 2 / Hot Iron® Cross - *Matthias S.*

20:15 - 21:30 Gym I
Vinyasa Yoga basic - *Esther N.*

20:30 - 21:45 Gym III
Vinyasa Yoga - *Mirja G.*

21:00 - 22:15 Gym II
Contemporary Dance - *Amelie S.*

19:30 - 20:30 HW-GymA
Pilates - *Catia W.*

20:00 - 22:00 KRAFT
Krafttraining - *Aljoscha L.*

20:00 - 21:00 Gym I
BodyART - *Sandra F.*

20:00 - 21:15 Gym IV
Vinyasa Yoga basic - *Rahel d.*

20:00 - 21:00 Gym III
Bauch Beine Po - *Jochen T.*

20:00 - 21:30 UH
Cheerdance - *Nina W.*

20:45 - 21:45 HW-GymA
Pilates - *Catia W.*

21:15 - 22:15 Gym III
Tanzspaß - *Simone S.*

18:30 - 19:15 Gym V
Zumba® - *Marcela O.*

18:45 - 19:45 SKK
Bauch Beine Po - Outdoor active city - *Julia R.*

19:00 - 19:45 Gym III
Rückengymnastik - *Astrid H.*

19:00 - 19:45 Gym II
Bodyworkout - *Anna K.*

19:15 - 20:00 Gym I
Seniorfit - *Carmen A.*

19:15 - 20:00 KH (ex SPH)
Fitness complete - *Jenny W.*

19:15 - 20:45 Gym IV
Hatha Yoga - Sonderkurs - *Christina W.*

19:30 - 20:30 Gym V
Spinning® - *Matthias S.*

20:00 - 21:00 Gym II
Langhantel Workout - *Anna K.*

20:00 - 21:00 Gym III
Rückenworkout - *Astrid H.*

20:45 - 22:00 Gym V
Pole Dance * - *Catia W.*

21:00 - 22:15 Gym IV
Vinyasa Yoga - *Melanie H.*

19:30 - 20:30 SOFT
Zumba® - Outdoor - *Karoline E.*

19:45 - 21:00 Gym III
Vinyasa Yoga - *Kathrin P.*

20:15 - 21:30 UH
Fitness-Boxing - *Sifa K.*

15:30 - 16:30 Gym V
Spinning-Intro® * - *Kathrin P.*

16:15 - 17:15 Gym I
Pilates - ~~Shafagh D.~~ Pia S.

17:00 - 18:00 Gym V
Fitness complete - *Julia R.*

17:30 - 18:00 Gym I
Bauch Pur - *Sandra F.*

18:15 - 19:15 Gym V
Rückenworkout - *Julia R.*

18:15 - 19:15 Gym I
Fitness complete - *Sandra F.*