

Aerobic & More

Stand: März 2012

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
9.00-10.30 in Hofsgrund Nordic Walking (Marianne Rees)	09.15-10.00 ☺ Aquafitness (Marianne Rees)	9.15-10.15 (41) ☺ Pilates (Katja Harwick)	9.00-10.00 (9) ☺ Bauch Beine Po (Heike Dern)	8.45-9.45 (10) Bauch Beine Po (Marianne Rees)	9.00-11.00 Abenteuer Ausdauer (Benedikt Hoffmann)
9.00-10.00 (9) ☺ Bauch Beine Po (Heike Dern)	9.30-10.30 (9) ☺ Brasil Workout (Jürgen Willmann)	9.30-10.30 (9) ☺ Bauch Beine Po (Birgit Schmitt)	9.30-10.30 Yoga (Schwarzwaldstr. 42 "Tanzetage") (Manjula)	17.00-18.00 (10) Power Fitness (Kirstin Schulz)	16.00-17.00 (11) 17.00-18.00 (11) Zumba (Elizabeth Kirsch)
10.00-11.00 (9) ☺ Pilates (Heike Dern)	10.30-11.30 (9) ☺ Pilates (Katja Harwick)	10.30-11.30 (9) ☺ Rückenfitness & Flexi Bar (Katja Harwick)	19.00-19.45 Aquafitness (Verena Meier)	17.00-18.00 (50) Yoga (Manjula Honnes)	SONNTAG
18.15-19.00 Aquafitness (Marianne Rees)	11.00-12.00 (4) Indoor Cycling (50+) (Bernhard Person)	19.00-20.00 (49) Rückenfitness (Katharina Wethkamp)	18.30-20.00 (41) 20.00-21.00 (41) Yoga Mix (Manjula Honnes)	17.00-18.00 (41) 18.00-19.00 (41) Pilates (Jürgen Willmann)	10.30-11.30 (11) Box & Fun (Anni Kastl / Kirstin Schulz)
19.00-19.45 Aquafitness (Steffi Rinderle)	18.00-19.00 (41) Bauch-Beine-Po (Lea Wildberger)	19.00-20.00 (60) Fitness Mix (Leonie Moser)	18.30-19.30 (48) Bauch Beine Po (Steffi Rinderle)	18.00-19.00 (50) Pilates (Manjula Honnes)	
19:00-20.00 (50) Power Step (Lea Wildberger)	18.30-19.30 (49) Zumba (Elizabeth Kirsch)	19.30-20.30 (10) Fitness Mix (Marianne Rees)	19.30-20.30 (11) Rückenfitness & Flexi Bar (Jutta Reschka)	19.00-20.00 (50) Bauch Beine Po (Mohamed Saleh)	
20.00-21.00 (49) Bauch Beine Po (Mohamed Saleh)	19.00-20.00 (41) 20.00-21.30 (41) Yoga (Manjula Honnes)	20.00-21.00 (49) Fitness Mix (Katharina Wethkamp)	20.00-21.00 (50) Bauch Beine Po (Steffi Rinderle)	18.00-19.00 (4) Dehnen jeden 2. Freitag (Marco Gerhards)	
19.30-20.30 (4) Indoor Cycling * (Birgit Schmitt)	19.30-20.30 (50) Powerfitness (Mohamed Saleh)	20.15-21.45 (41) Bewusstes Entspannen (Elke Mössinger)	20.00-21.00 (50) Bauch Beine Po (Steffi Rinderle)	19.00-20.00 (4) Zumba (Elizabeth Kirsch)	
	20.00-21.00 (51) Fitness Mix (Steffi Rinderle)	19.00-20.30 (50) Yoga Mix (Manjula Honnes)	20.00-21.00 (4) Indoor Cycling * (Lisa Franceschini)		
	20.30-21.30 (50) Pilates (Jürgen Willmann)	20.00-21.00 (60) Zumba (Sermira Bock-Lindscheid)	21.00-22.00 (4) Indoor Cycling * (Selina Reinig)		
	19.00-20.00 (4) 20.00-21.00 (4) Indoor Cycling * (Bianca Mutschall)				



☺ = Stunden mit Kinderbetreuung

* = Anmeldung erforderlich!

- (4) Karl-Herterich-Halle (11) Ballettsaal (48) Karoline-Kaspar Schule (Vauban)
 (9) Tischtennishalle (15) Schwimmbad (49) SportKIGA Rieselfeld, Carl-von-Ossietsky-Str. 3 (51) Weiherhof-Schule, Schlüsselstr. 5 (Herdern)
 (10) Gymnastikhalle (41) Gymnastikstudio (50) SportKIGA Rieselfeld, Carl-von-Ossietsky-Str. 3 (60) Dieter-Wetterauer-Halle Angell-Schule, Mattenstr. 1