

Oktober-Dezember / octobre-décembre 2018

Team - Kurse / cours team

Montag Lundi	
Step & Tone	
20.00 - 20.55	

Freitag Vendredi		
Bodyforming	Rumpfraining	Bodypump®
09.00 - 09.55	19.15 - 19.45	20.00 - 20.55

Samstag Samedi				
outdoor	Step&Tone	Bodyforming	Zumba	Bodypump®
09.00-09.55	09.00-09.55	10.00-11.15	11.30-12.25	12.30-13.25

Sonntag Dimanche			
deepWork - dW STRONG - S	Bodypump®	Zumba	Bodypump®
10.00-10.55	11.00-11.55	12.15-13.10	13.15-14.10

Oktober	
1	Ramona
8	Ramona
15	Nadja
22	Nadja
29	Nadja

Oktober			
5	Miriam	Sophie	Sophie
12	Chantal	Sophie	Sophie
19	Anita	Silvia	Silvia
26	Miriam	Shadia	Shadia

Oktober					
6	Trix	Miriam	Miriam	Ramona	Susi
13	Trix	Sabrina	Sabrina	Sabine	Vanessa
20	Trix	Sabrina	Anita	Claudine	Shadia
27	Trix	Anita	Anita	Claudine	Sophie

Oktober				
7	dW/Anina	Cristina	Chantal	Stefan
14	dW/Sabrina	Susi	Sabine	Stefan
21	S/Claudine	Shadia	Chantal	Stefan
28	S/Claudine	Vanessa	Patricia	Stefan

November	
5	Ramona
12	Nadja
19	Ramona
26	Nadja

November			
2	Anita	Shadia	Vanessa
9	Chantal	Silvia	Silvia
16	Miriam	Sophie	Sophie
23	Chantal	Shadia	Shadia
30	Miriam	Silvia	Silvia

November					
3	Trix	Sabrina	Laura	Ramona	Susi
10	Trix	Annina	Annina	Claudine	Vanessa
17	Trix	Cora	Anita	Ramona	Shadia
24	Trix	Nadja	Nadja	Claudine	Sophie

November				
4	S/Ramona	Sophie	Sabine	Stefan
11	dW/Anina	Cristina	Patricia	Stefan
18	S/Claudine	Vanessa	Chantal	Stefan
25	dW/Sabrina	Cristina	Patricia	Stefan

Dezember	
3	Ramona
10	Nadja
17	Ramona
24	geschlossen
31	geschlossen

Dezember			
7	Chantal	Shadia	Vanessa
14	Miriam	Sophie	Sophie
21	Anina	Shadia	Vanessa
28	Team	Shadia	Shadia

Dezember					
1	Trix	Sabrina	Laura	Ramona	Stefan
8	Trix	Miriam	Miriam	Claudine	Vanessa
15	Trix	Ramona	Ramona	Claudine	Susi
22	Trix	Nadja	Nadja	Claudine	Sophie
29	Trix	Team	Ramona	Ramona	Shadia
5.1.	Trix	Team	Ramona	Ramona	Sophie

Dezember				
2	dW/Cora	Susi	Chantal	Stefan
9	S/Claudine	Sophie	Patricia	Stefan
16	dW/Anina	Cristina	Anita	Stefan
23	dW/Sabrina	Vanessa	Claudine	Stefan
30	S/Ramona	Sophie	Sabine	Stefan
6.1.	dW/Anina	Cristina	Ramona	Stefan