

Kursplan ab 01.02.2017 Dein Kursstudio Dance&Jumping Studio Rheinmain

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 Ute	18.00-19.00h	Zumba Fitness Sandra	17.30-18.30h	Defcom Andrea	17.00-18.00h	Bellydance Vasilica	18.00-19.00h	Jumping Fitness Melanie				
19.00- 20.00h	Zumba Fitness Silvio	19.00-20.00h	Jumping Fitness Melanie	18.00-19.00h	Zumba Gold Melanie	18.00-19.00h	Variosling Melanie	19.00-20.00h	Zumba Fitness Silvio				
20.00-21.00h	Piloxing Knockout Sandra/Claudia	20.00 -21.00h	Piloxing Sandra	18.30-19.30h	Pilates Andrea	18.00-19.00h	Jumping Fitness Silvio	19.30-20.30h	Strong by Zumba Melanie				
21.00-22.00h	Salsation Melanie	20.30 - 21.30h	BBP (Bauch Beine Po) Melanie	19.00-20.00h	Zumba Fitness Melanie	19.00-20.00h	Zumba Fitness Silvio						
				20.00-21.00h	Jumping Fitness Claudia	20.00-21.00h	Jumping Fitness Melanie						
				21.00-22.00h	Body-Power Melanie	21.00-22.00h	Zumba Toning Melanie						

Bitte beachten Sie:

Jumping Fitness - separate 10er Karte - bei Flatrate inkl.