

Kursplan ab 01.10.2016 Dein Kursstudio Dance&Jumping Studio Rheinmain

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
				11.00 - 12.00h	Aquazumba Melanie (Rheinmain-Therme Hofheim)			10.00-11.00 h	Jumping Fitness Melanie	10.00 - 11.00h	Zumba Gold Vasilica		Sonntags geschlossen
11.00-12.00h	Zumba Fitness Melanie			Aquazumba in der Rheinmain Therme	(nur Eintritt erforderlich- keine Kursgebühr)					11.00 - 12.00h	Piloxing Sandra		
										12.00 - 13.00h	Jumping Fitness Ute/Andrea/ Silvio/Claudia/ Sandra		
										13.00 - 14.00h	Defcom Andrea		
17.00-18.00h	Zumba Gold Melanie			17.00-18.00h	Zumba Toning Melanie	17.00-18.00h	Deep Work Melanie						
18.00- 19.00h	Jumping Fitness Ute	18.00-19.00h	Zumba Fitness Sandra	18.00-19.00h	Zumba Gold Melanie	18.00-19.00h	Jumping Fitness Silvio	17.30-18.30h	Jumping Fitness Melanie				
19.00- 20.00h	Zumba Fitness Silvio	19.00-20.00h	Jumping Fitness Melanie	19.00-20.00h	Zumba Fitness Melanie	19.00-20.00h	Zumba Fitness Silvio	18.30-19.30h	Zumba Fitness Silvio				
20.00-21.00h	Piloxing Sandra (ab November wieder Piloxing Knock out)	20.00 -21.00h	Piloxing Sandra	20.00-21.00h	Jumping Fitness Claudia	20.00-21.00h	Jumping Fitness Melanie	19.30-20.30h	Strong by Zumba Melanie				
21.00-22.00h	Salsation Melanie	21.00 - 22.00h	BBP (Bauch Beine Po) Melanie	21.00-22.00h	Body-Power Melanie	21.00-22.00h	Zumba Toning Melanie	21.00-21.45h	Aquazumba Melanie Waldschwimmbad Neu-Isenburg				

Bitte beachten Sie:

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

Waldschwimmbad Neu-Isenburg Alicestrasse 118 63063 Neu-Isenburg (zzgl. 5 Euro Eintritt)