

März 2021

März 2021							April 2021						
Mo	Di	Mi	Do	Fr	Sa	So	Mo	Di	Mi	Do	Fr	Sa	So
1	2	3	4	5	6	7	13	14	15	16	17	18	19
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG			
WOCHE 9	1. Mrz 09:30 Body Styling (Aerobicraum Kangarou) 17:15 Wirbelsäulengymnastik 18:00 Trampolin 19:00 Spinning (Spinningraum) 19:00 Zumba (Aerobicraum)	2 18:00 Spezial (Aerobicraum Kangarou Sport Center @) 19:00 Yoga (Aerobicraum Kangarou Sport Center @) 19:00 Spinning (Spinningraum Kangarou Sport Center @)	3 09:30 Body Styling (Aerobicraum Kangarou) 17:45 Wirbelsäulengymnastik 18:00 Pilates (Spinningraum) 19:00 Hot Iron (Aerobicraum) 19:00 Trampolin	4 18:00 Trampolin (Spinningraum Kangarou) 19:00 Spinning (Spinningraum Kangarou Sport Center @) 19:00 Zumba (Aerobicraum) 20:00 Zumba Tönning	5 15:30 Spinning (Spinningraum Kangarou Sport Center @ Kopernikusstraße 20, 18:00 Bauch Extrem 19:00 Ballett (Aerobicraum Kangarou Sport Center @)	6 11:30 Hot Iron (Aerobicraum Kangarou Sport Center @) 12:00 Hot Iron (Aerobicraum Kangarou Sport Center @) 13:00 Ballett (Aerobicraum Kangarou Sport Center @)	7 11:00 Spinning (Spinningraum Kangarou Sport Center @) 11:00 Zumba (Aerobicraum Kangarou Sport Center @) 12:00 Spezial (Aerobicraum Kangarou Sport Center @)			
	WOCHE 10	8 09:30 Body Styling (Aerobicraum Kangarou) 17:15 Wirbelsäulengymnastik 18:00 Trampolin 19:00 Spinning (Spinningraum) 19:00 Zumba (Aerobicraum)	9 18:00 Spezial (Aerobicraum Kangarou Sport Center @) 19:00 Yoga (Aerobicraum Kangarou Sport Center @) 19:00 Spinning (Spinningraum Kangarou Sport Center @)	10 09:30 Body Styling (Aerobicraum Kangarou) 17:45 Wirbelsäulengymnastik 18:00 Pilates (Spinningraum) 19:00 Hot Iron (Aerobicraum) 19:00 Trampolin	11 18:00 Trampolin (Spinningraum Kangarou) 19:00 Spinning (Spinningraum Kangarou Sport Center @) 19:00 Zumba (Aerobicraum) 20:00 Zumba Tönning	12 15:30 Spinning (Spinningraum Kangarou Sport Center @ Kopernikusstraße 20, 18:00 Bauch Extrem 19:00 Ballett (Aerobicraum Kangarou Sport Center @)	13 11:30 Hot Iron (Aerobicraum Kangarou Sport Center @) 12:00 Hot Iron (Aerobicraum Kangarou Sport Center @) 13:00 Ballett (Aerobicraum Kangarou Sport Center @)	14 11:00 Spinning (Spinningraum Kangarou Sport Center @) 11:00 Zumba (Aerobicraum Kangarou Sport Center @) 12:00 Spezial (Aerobicraum Kangarou Sport Center @)		
		WOCHE 11	15 09:30 Body Styling (Aerobicraum Kangarou) 17:15 Wirbelsäulengymnastik 18:00 Trampolin 19:00 Spinning (Spinningraum) 19:00 Zumba (Aerobicraum)	16 18:00 Spezial (Aerobicraum Kangarou Sport Center @) 19:00 Yoga (Aerobicraum Kangarou Sport Center @) 19:00 Spinning (Spinningraum Kangarou Sport Center @)	17 09:30 Body Styling (Aerobicraum Kangarou) 17:45 Wirbelsäulengymnastik 18:00 Pilates (Spinningraum) 19:00 Hot Iron (Aerobicraum) 19:00 Trampolin	18 18:00 Trampolin (Spinningraum Kangarou) 19:00 Spinning (Spinningraum Kangarou Sport Center @) 19:00 Zumba (Aerobicraum) 20:00 Zumba Tönning	19 15:30 Spinning (Spinningraum Kangarou Sport Center @ Kopernikusstraße 20, 18:00 Bauch Extrem 19:00 Ballett (Aerobicraum Kangarou Sport Center @)	20 11:30 Hot Iron (Aerobicraum Kangarou Sport Center @) 12:00 Hot Iron (Aerobicraum Kangarou Sport Center @) 13:00 Ballett (Aerobicraum Kangarou Sport Center @)	21 11:00 Spinning (Spinningraum Kangarou Sport Center @) 11:00 Zumba (Aerobicraum Kangarou Sport Center @) 12:00 Spezial (Aerobicraum Kangarou Sport Center @)	
			WOCHE 12	22 09:30 Body Styling (Aerobicraum Kangarou) 17:15 Wirbelsäulengymnastik 18:00 Trampolin 19:00 Spinning (Spinningraum) 19:00 Zumba (Aerobicraum)	23 18:00 Spezial (Aerobicraum Kangarou Sport Center @) 19:00 Yoga (Aerobicraum Kangarou Sport Center @) 19:00 Spinning (Spinningraum Kangarou Sport Center @)	24 09:30 Body Styling (Aerobicraum Kangarou) 17:45 Wirbelsäulengymnastik 18:00 Pilates (Spinningraum) 19:00 Hot Iron (Aerobicraum) 19:00 Trampolin	25 18:00 Trampolin (Spinningraum Kangarou) 19:00 Spinning (Spinningraum Kangarou Sport Center @) 19:00 Zumba (Aerobicraum) 20:00 Zumba Tönning	26 15:30 Spinning (Spinningraum Kangarou Sport Center @ Kopernikusstraße 20, 18:00 Bauch Extrem 19:00 Ballett (Aerobicraum Kangarou Sport Center @)	27 11:30 Hot Iron (Aerobicraum Kangarou Sport Center @) 12:00 Hot Iron (Aerobicraum Kangarou Sport Center @) 13:00 Ballett (Aerobicraum Kangarou Sport Center @)	28 11:00 Spinning (Spinningraum Kangarou Sport Center @) 11:00 Zumba (Aerobicraum Kangarou Sport Center @) 12:00 Spezial (Aerobicraum Kangarou Sport Center @)
				WOCHE 13	29 09:30 Body Styling (Aerobicraum Kangarou) 17:15 Wirbelsäulengymnastik 18:00 Trampolin 19:00 Spinning (Spinningraum) 19:00 Zumba (Aerobicraum)	30 18:00 Spezial (Aerobicraum Kangarou Sport Center @) 19:00 Yoga (Aerobicraum Kangarou Sport Center @) 19:00 Spinning (Spinningraum Kangarou Sport Center @)	31 09:30 Body Styling (Aerobicraum Kangarou) 17:45 Wirbelsäulengymnastik 18:00 Pilates (Spinningraum) 19:00 Hot Iron (Aerobicraum) 19:00 Trampolin	1. Apr	2	3