

# Januar 2022

| Januar 2022 |    |    |    |    |    |    | Februar 2022 |   |    |    |    |    |    |    |    |
|-------------|----|----|----|----|----|----|--------------|---|----|----|----|----|----|----|----|
|             | Mo | Di | Mi | Do | Fr | Sa | So           |   | Mo | Di | Mi | Do | Fr | Sa | So |
| 52          |    |    |    |    |    | 1  | 2            | 5 |    |    |    |    |    |    |    |
| 1           | 3  | 4  | 5  | 6  | 7  | 8  | 9            | 6 | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 2           | 10 | 11 | 12 | 13 | 14 | 15 | 16           | 7 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 3           | 17 | 18 | 19 | 20 | 21 | 22 | 23           | 8 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 4           | 24 | 25 | 26 | 27 | 28 | 29 | 30           | 9 | 28 |    |    |    |    |    |    |
| 5           | 31 |    |    |    |    |    |              |   |    |    |    |    |    |    |    |

|          | MONTAG   | DIENSTAG   | MITTWOCH   | DONNERSTAG   | FREITAG  | SAMSTAG  | SONNTAG   |
|----------|--|--|--|--|--|--|---|
| WOCHE 52 | 27. Dez  | 28   | 29   | 30   | 31   | 1. Jan 22<br>11:30 Hot Iron (Aerobicraum Kangarou Sport Center @<br>12:00 Hot Iron (Aerobicraum Kangarou Sport Center @<br>13:00 Ballett (Aerobicraum) | 2<br>11:00 Spinning (Spinningraum Kangarou Sport Center @<br>11:00 Zumba (Aerobicraum Kangarou Sport Center @<br>12:00 Spezial (Aerobicraum)  |
| WOCHE 1  | 3<br>09:30 Body Styling<br>17:15 Wirbelsäulengymnastik<br>18:00 Trampolin<br>19:00 Spinning (Spinningraum)<br>19:00 Zumba (Aerobicraum)  | 4<br>18:00 Spezial (Aerobicraum Kangarou Sport Center @<br>19:00 Yoga (Aerobicraum Kangarou Sport Center @<br>19:00 Spinning (Spinningraum)  | 5<br>09:30 Body Styling<br>17:45 Wirbelsäulengymnastik<br>18:00 Pilates (Spinningraum)<br>19:00 Hot Iron (Aerobicraum)<br>19:00 Trampolin  | 6<br>18:00 Trampolin (Spinningraum Kangarou)<br>19:00 Spinning (Spinningraum)<br>19:00 Zumba (Aerobicraum)<br>20:00 Zumba Tönning  | 7<br>15:30 Spinning (Spinningraum Kangarou Sport Center @<br>18:00 Bauch Extrem<br>19:00 Ballett (Aerobicraum Kangarou Sport Center @  | 8<br>11:30 Hot Iron (Aerobicraum Kangarou Sport Center @<br>12:00 Hot Iron (Aerobicraum Kangarou Sport Center @<br>13:00 Ballett (Aerobicraum)         | 9<br>11:00 Spinning (Spinningraum Kangarou Sport Center @<br>11:00 Zumba (Aerobicraum Kangarou Sport Center @<br>12:00 Spezial (Aerobicraum)  |
| WOCHE 2  | 10<br>09:30 Body Styling<br>17:15 Wirbelsäulengymnastik<br>18:00 Trampolin<br>19:00 Spinning (Spinningraum)<br>19:00 Zumba (Aerobicraum) | 11<br>18:00 Spezial (Aerobicraum Kangarou Sport Center @<br>19:00 Yoga (Aerobicraum Kangarou Sport Center @<br>19:00 Spinning (Spinningraum) | 12<br>09:30 Body Styling<br>17:45 Wirbelsäulengymnastik<br>18:00 Pilates (Spinningraum)<br>19:00 Hot Iron (Aerobicraum)<br>19:00 Trampolin | 13<br>18:00 Trampolin (Spinningraum Kangarou)<br>19:00 Spinning (Spinningraum)<br>19:00 Zumba (Aerobicraum)<br>20:00 Zumba Tönning | 14<br>15:30 Spinning (Spinningraum Kangarou Sport Center @<br>18:00 Bauch Extrem<br>19:00 Ballett (Aerobicraum Kangarou Sport Center @ | 15<br>11:30 Hot Iron (Aerobicraum Kangarou Sport Center @<br>12:00 Hot Iron (Aerobicraum Kangarou Sport Center @<br>13:00 Ballett (Aerobicraum)        | 16<br>11:00 Spinning (Spinningraum Kangarou Sport Center @<br>11:00 Zumba (Aerobicraum Kangarou Sport Center @<br>12:00 Spezial (Aerobicraum) |
| WOCHE 3  | 17<br>09:30 Body Styling<br>17:15 Wirbelsäulengymnastik<br>18:00 Trampolin<br>19:00 Spinning (Spinningraum)<br>19:00 Zumba (Aerobicraum) | 18<br>18:00 Spezial (Aerobicraum Kangarou Sport Center @<br>19:00 Yoga (Aerobicraum Kangarou Sport Center @<br>19:00 Spinning (Spinningraum) | 19<br>09:30 Body Styling<br>17:45 Wirbelsäulengymnastik<br>18:00 Pilates (Spinningraum)<br>19:00 Hot Iron (Aerobicraum)<br>19:00 Trampolin | 20<br>18:00 Trampolin (Spinningraum Kangarou)<br>19:00 Spinning (Spinningraum)<br>19:00 Zumba (Aerobicraum)<br>20:00 Zumba Tönning | 21<br>15:30 Spinning (Spinningraum Kangarou Sport Center @<br>18:00 Bauch Extrem<br>19:00 Ballett (Aerobicraum Kangarou Sport Center @ | 22<br>11:30 Hot Iron (Aerobicraum Kangarou Sport Center @<br>12:00 Hot Iron (Aerobicraum Kangarou Sport Center @<br>13:00 Ballett (Aerobicraum)        | 23<br>11:00 Spinning (Spinningraum Kangarou Sport Center @<br>11:00 Zumba (Aerobicraum Kangarou Sport Center @<br>12:00 Spezial (Aerobicraum) |
| WOCHE 4  | 24<br>09:30 Body Styling<br>17:15 Wirbelsäulengymnastik<br>18:00 Trampolin<br>19:00 Spinning (Spinningraum)<br>19:00 Zumba (Aerobicraum) | 25<br>18:00 Spezial (Aerobicraum Kangarou Sport Center @<br>19:00 Yoga (Aerobicraum Kangarou Sport Center @<br>19:00 Spinning (Spinningraum) | 26<br>09:30 Body Styling<br>17:45 Wirbelsäulengymnastik<br>18:00 Pilates (Spinningraum)<br>19:00 Hot Iron (Aerobicraum)<br>19:00 Trampolin | 27<br>18:00 Trampolin (Spinningraum Kangarou)<br>19:00 Spinning (Spinningraum)<br>19:00 Zumba (Aerobicraum)<br>20:00 Zumba Tönning | 28<br>15:30 Spinning (Spinningraum Kangarou Sport Center @<br>18:00 Bauch Extrem<br>19:00 Ballett (Aerobicraum Kangarou Sport Center @ | 29<br>11:30 Hot Iron (Aerobicraum Kangarou Sport Center @<br>12:00 Hot Iron (Aerobicraum Kangarou Sport Center @<br>13:00 Ballett (Aerobicraum)        | 30<br>11:00 Spinning (Spinningraum Kangarou Sport Center @<br>11:00 Zumba (Aerobicraum Kangarou Sport Center @<br>12:00 Spezial (Aerobicraum) |
| WOCHE 5  | 31<br>09:30 Body Styling<br>17:15 Wirbelsäulengymnastik<br>18:00 Trampolin<br>19:00 Spinning (Spinningraum)<br>19:00 Zumba (Aerobicraum) | 1. Feb   | 2  | 3  | 4  | 5  | 6   |