

**Corona - Plan Fit & Vital**

Montag		Dienstag		Mittwoch			Donnerstag		Freitag		
Halle 1	Halle 2	Halle 1	Halle 2	Halle 1	Halle 2	B117	Halle 1	Halle 2	Halle 1	Halle 2	B117
<i>Live-Stream</i>		<i>Live-Stream</i>		<i>Live-Stream</i>			<i>Live-Stream</i>		<i>Live-Stream</i>		
09:00 - 09:45 <b>SPINNING</b> Sabrina				09:00 - 10:00 <b>SPINNING</b> Anita				09:00 - 09:45 <b>HKL-Aktive</b> Martina			
	10:00 - 10:45 <b>Yoga</b> Britta C		10:00 - 10:45 <b>AlltagFit</b> Beate		10:00 - 10:45 <b>RückenFit</b> Eva			10:00 - 10:45 <b>Wirbelsäule</b> Martina			
	11:00 - 11:45 <b>RückenFit</b> Beate		11:00 - 11:45 <b>StretchRelax</b> Sabrina		11:00 - 11:45 <b>Arthrose I</b> Britta S					11:00 - 11:45 <b>Wirbelsäule</b> Heike	
					12:00 - 12:30 <b>Arthrose II</b> Britta S					12:00 - 12:45 <b>Pilates</b> Heike	
					12:45- 13:15 <b>FaszienFit</b> Britta S						
							17:00 - 17:45 <b>Relax-Yoga</b> Carla	17:00 - 17:45 <b>Pilates</b> Maritza			17:00 - 17:45 <b>Stretching</b> Sabrina
	19:15 - 20:00 <b>RückenFit</b> Heike				18:00 - 19:00 <b>RückenFit</b> Simone						
	20:15 - 21:00 <b>RückenFit</b> Heike	20:00 - 20:45 <b>Yoga</b> Carla						20:00 - 20:45 <b>Yoga</b> Tatjana			