

## GroupFitness-Wochenendplan September 2010

|                         |          |          |                   |          |
|-------------------------|----------|----------|-------------------|----------|
| Woche 35<br>4.9. & 5.9. | BODYSTEP | BODYPUMP | SURPRISE          | BODYPUMP |
| Samstag<br>09.45        | Barbara  |          |                   |          |
| Samstag<br>11.00        |          | Petra    |                   |          |
| Sonntag<br>10.15        |          |          | Caroline<br>Dance |          |
| Sonntag<br>12.00        |          |          |                   | Barbara  |

|                           |          |          |               |          |
|---------------------------|----------|----------|---------------|----------|
| Woche 36<br>11.9. & 12.9. | BODYSTEP | BODYPUMP | SURPRISE      | BODYPUMP |
| Samstag<br>09.45          | Ideal    |          |               |          |
| Samstag<br>11.00          |          | Petra    |               |          |
| Sonntag<br>10.15          |          |          | ZUMBA<br>Team |          |
| Sonntag<br>12.00          |          |          |               | Esther   |

|                           |          |          |               |          |
|---------------------------|----------|----------|---------------|----------|
| Woche 37<br>18.9. & 19.9. | BODYSTEP | BODYPUMP | SURPRISE      | BODYPUMP |
| Samstag<br>09.45          | Patrizia |          |               |          |
| Samstag<br>11.00          |          | Petra    |               |          |
| Sonntag<br>10.15          |          |          | Maite<br>Step |          |
| Sonntag<br>12.00          |          |          |               | Petra    |

|                           |                 |                 |          |          |
|---------------------------|-----------------|-----------------|----------|----------|
| Woche 38<br>25.9. & 26.9. | BODYSTEP        | BODYPUMP        | SURPRISE | BODYPUMP |
| Samstag                   | <b>Relaunch</b> |                 |          |          |
| Samstag                   |                 | <b>Relaunch</b> |          |          |
| Sonntag<br>10.15          |                 |                 | Karin    |          |
| Sonntag<br>12.00          |                 |                 |          | Theresa  |

Aenderungen vorbehalten

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