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	Mo. 19	Di. 20	Mi. 21	Do. 22	Fr. 23	Sa. 24	So. 25
8:00		CardioZirkel (0/10) 08:00 - 09:00 Ines • Sportsfreundin		CardioZirkel (0/10) 08:00 - 09:00 Ines • Sportsfreundin			
9:00	Cardio meets EffektTief (0/10) 09:00 - 10:30 Ines • Sportsfreundin Neuss- Fitnessstudio		Cardio meets EffektTief (0/10) 09:00 - 10:30 Ines • Sportsfreundin Neuss- Fitnessstudio	Pilates Matwork (0/10) 09:15 - 10:15 Ines • Sportsfreundin	TheraMix (0/10) 09:00 - 10:00 Ines • Sportsfreundin	Yoga Mittelstufe (0/8) 09:00 - 10:30 Ines • Sportsfreundin Neuss- Fitnessstudio Pilates & Yoga für Frauen	
10:00							
11:00	Physiolyates (0/10) 11:00 - 12:00 Ines • Sportsfreundin	Hatha Yoga for all Yogis (0/10) 10:30 - 12:00 Ines • Sportsfreundin Neuss- Fitnessstudio		RückenFit (0/10) 10:30 - 11:30 Ines • Sportsfreundin			
12:00							
13:00							
14:00							
15:00	Physiolyates (0/10) 15:00 - 16:00 Ines • Sportsfreundin				Aeromix (0/10) 14:30 - 15:30 Ines • Sportsfreundin		
16:00		Physiolyates (0/10) 16:00 - 17:00 Ines • Sportsfreundin	Cardio meets EffektTief (0/10) 16:00 - 17:15 Ines • Sportsfreundin	RückenFit (0/10) 16:00 - 17:00 Ines • Sportsfreundin	Physiolyates (2/10) 16:00 - 17:00 Ines • Sportsfreundin		
17:00	Iyengar®-Yoga Präventionskurs (8/8) 16:45 - 18:15 Katharina • Sportsfreundin Neuss-						
18:00	MännerPhysio (0/10) 18:30 - 19:30 Ines • Sportsfreundin	Aeromix (0/10) 17:30 - 18:30 Ines • Sportsfreundin	Pilates Matwork (1/10) 17:30 - 18:30 Ines • Sportsfreundin	Pilates Matwork (2/10) 17:30 - 18:30 Ines • Sportsfreundin	MännerPhysio (0/10) 18:00 - 19:00 Ines • Sportsfreundin		
19:00			Hatha Yoga Beginner (0/8) 18:45 - 20:15 Ines • Sportsfreundin Neuss- Fitnessstudio	TheraMix (0/10) 19:00 - 20:00 Ines • Sportsfreundin			
20:00		Iyengar®-Yoga Präventionskurs (0/8) 19:30 - 21:00 Katharina • Sportsfreundin Neuss-					

