

Fidelio Kursplan

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00			09:15 Meditation 10-20 min	09:15 Meditation 10-20 min			09:15 Meditation 10-20 min / 14-tg
10:00			10:00 Fit im Alter 45 min			10:00 Cycling 60 min	
11:00					11:30 DanceFit 45 min		
12:00			12:00 YourYoga 45 min	11:30 XXL Move 45 min	12:15 DeepStretches 20-30 min		
13:00							
14:00				14:00 Shadowboxing 45 min	14:00 PowerYoga 45 min		
15:00							
16:00							
17:00				17:00 BodyFit (Franzi) 45 min	17:00 Jumping 60 min		
18:00	18:30 Jump (Melli) 60 min	18:00 Dancefit 45 min			18:30 Athletiktraining 45 min		
19:00	19:30 Yoga (Judith) 60 min	19:00 Bootcamp / Tabata 30 min	19:00 Bauch, Beine, Po 45 min	18:30 Cycling (Frank) 60 min			
20:00		19:30 Deep Stretches 30 min					

