

AEROBIC

WEIHNACHTSFERIENPLAN 2017/18

23. DEZEMBER 2017 BIS 7. JANUAR 2018

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|----|----------|---------------|--------------------|----------------------------|
| SA | 23.12.17 | 10:00 - 10:45 | Step | SSC-STUDIO/AEROBIC-RAUM |
| SA | 23.12.17 | 10:45 - 11:30 | BBP | SSC-STUDIO/AEROBIC-RAUM |
| MI | 27.12.17 | 18:00 - 18:55 | Step Einsteiger | SSC-STUDIO/AEROBIC-RAUM |
| MI | 27.12.17 | 19:00 - 19:55 | BBP | SSC-STUDIO/AEROBIC-RAUM |
| MI | 27.12.17 | 19:00 - 19:55 | Rückenfit | SSC-ZENTRUM/SAAL |
| DO | 28.12.17 | 18:30 - 19:25 | PowerMix | SSC-STUDIO/AEROBIC-RAUM |
| DO | 28.12.17 | 19:30 - 20:25 | deep work | SSC-STUDIO/AEROBIC-RAUM |
| FR | 29.12.17 | 08:45 - 09:45 | Rückenfit | SSC-STUDIO/AEROBIC-RAUM |
| FR | 29.12.17 | 17:00 - 17:55 | BBP | SSC-STUDIO/AEROBIC-RAUM |
| FR | 29.12.17 | 18:00 - 18:55 | Pumping Fit | SSC-STUDIO/AEROBIC-RAUM |
| FR | 29.12.17 | 18:00 - 18:55 | Zumba | SSC-ZENTRUM/SAAL |
| SA | 30.12.17 | 10:00 - 10:45 | Step | SSC-STUDIO/AEROBIC-RAUM |
| SA | 30.12.17 | 10:45 - 11:30 | BBP | SSC-STUDIO/AEROBIC-RAUM |
| SO | 31.12.17 | 10:00 - 10:55 | Pumping Fit | SSC-STUDIO/AEROBIC-RAUM |
| SO | 31.12.17 | 11:00 - 11:30 | Bauch/Rücken | SSC-STUDIO/AEROBIC-RAUM |
| DI | 02.01.18 | 18:00 - 18:55 | Fatburner | SSC-STUDIO/AEROBIC-RAUM |
| DI | 02.01.18 | 19:00 - 19:55 | Step | SSC-STUDIO/AEROBIC-RAUM |
| DI | 02.01.18 | 20:00 - 20:55 | BBP | SSC-STUDIO/AEROBIC-RAUM |
| DI | 02.01.18 | 20:00 - 21:00 | Bodycircle | SSC-STUDIO/FUNCTIONAL-RAUM |
| MI | 03.01.18 | 18:00 - 18:55 | Step Einsteiger | SSC-STUDIO/AEROBIC-RAUM |
| MI | 03.01.18 | 19:00 - 19:55 | BBP | SSC-STUDIO/AEROBIC-RAUM |
| MI | 03.01.18 | 19:00 - 19:55 | Rückenfit | SSC-ZENTRUM/SAAL |
| DO | 04.01.18 | 18:30 - 19:25 | PowerMix | SSC-STUDIO/AEROBIC-RAUM |
| DO | 04.01.18 | 19:30 - 20:25 | deep work | SSC-STUDIO/AEROBIC-RAUM |
| FR | 05.01.18 | 08:45 - 09:45 | Rückenfit | SSC-STUDIO/AEROBIC-RAUM |
| FR | 05.01.18 | 17:00 - 17:55 | BBP | SSC-STUDIO/AEROBIC-RAUM |
| FR | 05.01.18 | 18:00 - 18:55 | Pumping Fit | SSC-STUDIO/AEROBIC-RAUM |
| FR | 05.01.18 | 18:00 - 18:55 | Zumba | SSC-ZENTRUM/SAAL |
| SA | 06.01.18 | 10:00 - 11:45 | Dreikönigs-Special | SSC-STUDIO/AEROBIC-RAUM |
| SO | 07.01.18 | 10:00 - 10:55 | Pumping Fit | SSC-STUDIO/AEROBIC-RAUM |
| SO | 07.01.18 | 11:00 - 11:30 | Bauch/Rücken | SSC-STUDIO/AEROBIC-RAUM |

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Bürosprechzeiten:

Mo-Fr 10:00-12:00 + 15:00-17:00

Di 10:00-12:00 + 15:00-19:00