

## Klipper-Fitness Januar 2021

Montag		Dienstag		Mittwoch		Donnerstag		Freitag				
Kurs	Trainer/in	Kurs	Trainer/in	Kurs	Trainer/in	Kurs	Trainer/in	Kurs	Trainer/in			
18.00		Power Pilates	<u>Petra Ernst</u>				<u>Benjamin Linke</u>	Yoga	<u>Tina Böhme</u>	18.00		
18.15				18.00 - 18.30							18.00 - 19.00	18.15
18.30												18.30
18.45												18.45
19.00	Complete Body	<u>Ines Petersen</u>			<u>Benjamin Linke</u>	HIIT				19.00		
19.30	19.00 - 19.45			Core & Stretch				18.45 - 19.15			19.30	
19.45				19.30 - 20.15							19.45	
20.00	Power Pilates										20.00	
20.15	20.00 - 20.30	<u>Petra Ernst</u>						20.15		20.30		
20.30										20.45		
20.45										21.00		
21.00												

