

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG	
RAUM A	North Iron 09.00 - 9.55	Bebo 09.30 - 9.55 E	North Iron 09.00 - 09.55	Bodytoning 09.30 - 10.25	North Iron 09.00 - 09.55 E	Bodytoning 09.30 - 10.25	North Iron 10.00 - 10.55	
	Aerobic 10.00 - 10.55	Bodytoning 10.00 - 10.55 E	50 Plus 10.00 - 10.55 E	Bauch - intensiv 10.30 - 10.55 E	Bodytoning 10.00 - 10.55 E	Bauch - intensiv 10.30 - 10.55 E	Zumba 11.00 - 11.55 E	
	Rückenfit 11.00 - 11.55 E	Pilates I 11.00 - 11.55 E	Antara 11.00 - 11.55 E	Rückenfit 11.00 - 11.55 E	Jumping Fitness 11.00 - 11.55 E	Burlesque 11.00 - 11.55 E	Bodytoning 12.00 - 12.55 E	
		Bodytoning 14.00 - 14.55		Kniegruppe 12.00 - 12.25 E		Yogilates 12.00 - 13.15 E		
		Jumping Fitness 16.00 - 16.55	Step I 16.00 - 16.55		Zumba 15.00 - 15.55 E			
	North Iron 17.00 - 17.55 E	Hatha Yoga 17.00 - 17.55	Jumping Fitness 17.00 - 17.55	Rücken - Yoga 16.30 - 17.55 E	Bodytoning Stabilitytraining 16.00 - 16.55 E		Einführungskurs! Termine laut Aushang	
	Nike Dynamic Training 18.00 - 18.55	Nike Dynamic Training 18.00 - 18.55	Zumba 18.00 - 18.55	North Iron 18.00 - 18.55	Hatha Yoga 17.00 - 17.55 E	North Iron 16.00 - 16.55		
	Jumping Fitness 19.00 - 19.55	North Iron 19.00 - 19.55	North Iron 19.00 - 19.55	Tabata 19.00 - 19.55		Jumping Fitness 17.00 - 17.55		
			Kick & Box 20.00 - 20.55					
RAUM B		Bodytoning 17.00 - 17.55 E		Pilates I-II 09.30 - 10.25	Stretch & Relax 11.00 - 11.25 E		Bodytoning 10.00 - 10.55	
	Sanftes Yoga 17.00 - 17.55 E	Pilates I 18.00 - 18.55 E	Yogilates 17.00 - 17.55 E	Bodytoning 17.00 - 17.55 E	Antara 16.00 - 16.55 E			
			Hatha Yoga 18.00 - 18.55 E	Faszienstretch 18.00 - 18.55 E				
IC	Indoor Cycling I-II 18.00 - 18.55	Indoor Cycling I 08.30 - 09.25		IC I-II 08.30 - 09.25	IC I 19.00 - 19.55 E	Indoor Cycling I-II 10.00 - 10.55	Indoor Cycling I 10.00 - 10.55 E	IC I-II 11.00 - 11.55

E= Einsteiger