

|        | MONTAG                                 | DIENSTAG                               | MITTWOCH                          | DONNERSTAG                             | FREITAG   | SAMSTAG                                | SONNTAG                                  |                          |
|--------|--|--|-----------------------------------|--|---|--|--|--------------------------|
| RAUM A | North Iron<br>09.00 - 9.55             | Bebo<br>09.30 - 9.55<br>E              | North Iron<br>09.00 - 09.55       | Bodytoning<br>09.30 - 10.25            | North Iron<br>09.00 - 09.55<br>E                      | Bodytoning<br>09.30 - 10.25            | North Iron<br>10.00 - 10.55              |                          |
|        | Aerobic<br>10.00 - 10.55               | Bodytoning<br>10.00 - 10.55<br>E       | 50 Plus<br>10.00 - 10.55<br>E     | Bauch - intensiv<br>10.30 - 10.55<br>E | Bodytoning<br>10.00 - 10.55<br>E                      | Bauch - intensiv<br>10.30 - 10.55<br>E | Zumba<br>11.00 - 11.55<br>E              |                          |
|        | Rückenfit<br>11.00 - 11.55<br>E        | Pilates I<br>11.00 - 11.55<br>E        | Antara<br>11.00 - 11.55<br>E      | Rückenfit<br>11.00 - 11.55<br>E        | Jumping Fitness<br>11.00 - 11.55<br>E                 | Burlesque<br>11.00 - 11.55<br>E        | Bodytoning<br>12.00 - 12.55<br>E         |                          |
|        |  | Bodytoning<br>14.00 - 14.55            |                                   | Kniegruppe<br>12.00 - 12.25<br>E       |   | Hatha Yoga<br>12.15 - 13.30<br>E       |  |                          |
|        | Step I<br>16.00 - 16.55                | Jumping Fitness<br>16.00 - 16.55       | Step I<br>16.00 - 16.55           |  | Zumba<br>15.00 - 15.55<br>E                           |  |  |                          |
|        | North Iron<br>17.00 - 17.55<br>E       | Bodytoning<br>17.00 - 17.55            | Jumping Fitness<br>17.00 - 17.55  | Rücken - Yoga<br>16.30 - 17.55<br>E    | Bodytoning<br>Stabilitytraining<br>16.00 - 16.55<br>E |  | Einführungskurs!<br>Termine laut Aushang |                          |
|        | Nike Dynamic Training<br>18.00 - 18.55 | Nike Dynamic Training<br>18.00 - 18.55 | Zumba<br>18.00 - 18.55            | North Iron<br>18.00 - 18.55            | Hatha Yoga<br>17.00 - 17.55<br>E                      | North Iron<br>16.00 - 16.55            |  |                          |
|        | Jumping Fitness<br>19.00 - 19.55       | North Iron<br>19.00 - 19.55            | North Iron<br>19.00 - 19.55       | Tabata<br>19.00 - 19.55                | Indoor Cyling+ Workout<br>18.00 - 18.55               | Jumping Fitness<br>17.00 - 17.55       |  |                          |
|        |  |  | Kick & Box<br>20.00 - 20.55       |  |   |  |  |                          |
| RAUM B |  | Hatha Yoga<br>17.00 - 17.55<br>E       |                                   | Pilates I-II<br>09.30 - 10.25          | Stretch & Relax<br>11.00 - 11.25<br>E                 |  | Bodytoning<br>10.00 - 10.55              |                          |
|        | Sanftes Yoga<br>17.00 - 17.55<br>E     | Rückenfit<br>18.00 - 18.55<br>E        | Pilates I<br>17.00 - 17.55<br>E   | Bodytoning<br>17.00 - 17.55<br>E       | Antara<br>16.00 - 16.55<br>E                          |  |  |                          |
|        |  | Pilates I-II<br>19.00 - 19.55          | Hatha Yoga<br>19.00 - 19.55<br>E  | Faszienstretch<br>18.00 - 18.55<br>E   |   |  |  |                          |
| IC     | Indoor Cycling I-II<br>18.00 - 18.55   | Indoor Cycling I<br>08.30 - 09.25      | Indoor Cycling I<br>18.00 - 18.55 | IC I-II<br>08.30 - 09.25               | IC I<br>19.00 - 19.55<br>E                            | Indoor Cycling I-II<br>10.00 - 10.55   | Indoor Cycling I<br>10.00 - 10.55<br>E   | IC I-II<br>11.00 - 11.55 |

E= Einsteiger