

	MONTAG	DIENSTAG		MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG	
RAUM A	North Iron 9.00 - 9.55	Bebo 9.30 - 9.55 E		North Iron 9.00 - 09.55	Bodytoning 09.30 - 10.25	North Iron 9.00 - 09.55 E	Bodytoning 9.30 - 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		Sanftes Yoga 11.00 - 11.55 E	Rückenfit 11.00 - 11.55 E	Jumping Fitness 11.00 - 11.55	Yogilates 11.00 - 11.55 E	Bodytoning 12.00 - 12.55 E	
					Kniegruppe 12.00 - 12.25 E		Zumba 12.00 - 12.55 E		
	Step I 16.00 - 16.55	Bodytoning 14.00 - 14.55				Zumba 15.00 - 15.55 E			
	North Iron 17.00 - 17.55 E	Vinyasa Power Yoga I 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	North Iron 18.00 - 18.55		Zumba 18.00 - 18.55	North Iron 18.00 - 18.55	Step I 17.00 - 17.55	North Iron 16.00 - 16.55		
	Jumping Fitness 19.00 - 19.55	Nike Dynamic Training 19.00 - 19.55		Bodytoning Intervall 19.00 - 19.55	Tabata 19.00 - 19.55		Jumping Fitness 17.00 - 17.55		
	Strong by Zumba 20.00 - 20.55			Kick & Box 20.00 - 20.55	Jumping Fitness 20.05 - 20.55				
RAUM B		Functional Training 17.00 - 17.25	Bauch intensiv 17.30 - 17.55		Pilates I-II 09.30 - 10.25	Stretch & Relax 11.00 - 11.25 E	Burlesque - Dance 11.15 - 12.10 E		
	Sanftes Yoga 17.00 - 17.55 E	Pilates I-II 18.00 - 18.55		Pilates I 17.00 - 17.55 E	Bodytoning 17.00 - 17.55 E	Hatha Yoga 17.15 - 18.10 E			
	Bodytoning Stabilitytraining 19.00 - 19.55 E	Rückenfit 19.00 - 19.55 E		Rückenfit & Stretch 19.00 - 19.55 E	Faszienstretch 18.00 - 18.55 E				
IC	Indoor Cycling I-II 18.00 - 18.55			Indoor Cycling I 18.00 - 18.55 E	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	Indoor Cycling I-II 11.00 - 11.55

E= Einsteiger