

	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	Burlesque 11.00 - 11.55 E	Bodytoning 12.00 - 12.55 E
			Bodytoning 14.00 - 14.55		Kniegruppe 12.00 - 12.25 E			Hatha Yoga 12.15 - 13.30 E	
	Step I 16.00 - 16.55		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		Bodytoning 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		Indoor Cyling+ Workout 18.00 - 18.55	Jumping Fitness 17.00 - 17.55
				Kick & Box 20.00 - 20.55					
RAUM B			Hatha Yoga 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		Rückenfit 18.00 - 18.55 E	Pilates I 17.00 - 17.55 E	Bodytoning 17.00 - 17.55 E		Antara 16.00 - 16.55 E		
			Pilates I-II 19.00 - 19.55	Hatha Yoga 19.00 - 19.55 E		Faszienstretch 18.00 - 18.55 E			
IC	IC I 10.00 - 10.55 E	IC I-II 18.00 - 18.55	Indoor Cycling I 08.30 - 09.25	Indoor Cycling I 18.00 - 18.55	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