

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG		FREITAG	SAMSTAG	SONNTAG
RAUM A	North Iron 09.00 - 09.55	Intensives Intervalltraining 08.30 - 09.10	Intensives Intervalltraining 08.30 - 08.55	Bodytoning 10.00 - 10.55 E		North Iron 09.00 - 09.55 E	Bodytoning 9.30 - 10.25	North Iron 10.00 - 10.55
	Aerobic 10.00 - 10.55	Bebo 9.30 - 9.55 E	North Iron 09.00 - 09.55	Rückenfit 11.00 - 11.55 E		Bodytoning 10.00 - 10.55 E	Yogilates 10.30 - 11.55 E	Zumba 11.00 - 11.55 E
	Rückenfit 11.00 - 11.55 E	Bodytoning 10.00 - 10.55 E	50 Plus 10.00 - 10.55 E	Kniegruppe 12.00 - 12.25 E			Zumba 12.00 - 12.55 E	Bodytoning 12.00 - 12.55 E
		Pilates I 11.00 - 11.55 E	Sanftes Yoga 11.00 - 11.55 E			Zumba 15.00 - 15.55 E		
	Step I 16.00 - 16.55	Bodytoning 14.00 - 14.55				Bodytoning Stabilitytraining 16.00 - 16.55 E	North Iron 16.00 - 16.55 E	
	North Iron 17.00 - 17.55 E	Vinyasa Power Yoga I 17.00 - 17.55	Bodytoning 17.00 - 17.55 E	Bodytoning 17.00 - 17.55 E		Step I 17.00 - 17.55		Einführungskurs! Termine laut Aushang
	Nike Dynamic Training 18.00 - 18.55	North Iron 18.00 - 18.55	Step I-II 18.00 - 18.55	North Iron 18.00 - 18.55				
	Zumba 19.00 - 19.55 E	Nike Dynamic Training 19.00 - 19.55	Bodytoning Intervall 19.00 - 19.55	Dance Special 19.00 - 19.55				
	Step Basic 20.00 - 20.55 E		Kick & Box 20.00 - 20.55 E	Intervalltraining 20.00 - 20.45				
RAUM B				Pilates I-II 09.30 - 10.25				
	Sanftes Yoga 17.00 - 17.55	Bodytoning 17.00 - 17.55 E	Pilates I-II 17.00 - 17.55	Rücken - Yoga 17.30 - 18.55 E		Hatha Yoga 17.15 - 18.10 E		
	Bodytoning Stabilitytraining 19.00 - 19.55	Pilates I 18.00 - 18.55 E	Rückenfit 19.00 - 19.55 E					
IC	Indoor Cycling I-II 18.00 - 18.55	Indoor Cycling I-II 09.15 - 10.15	Indoor Cycling I 18.00 - 18.55 E	IC I-II 08.30 - 09.25 E	IC I 19.00 - 19.55 E	Indoor Cycling I-II 10.00 - 10.55	Indoor Cycling I 17.00 - 17.55 E	IC I 11.00-11.55 E

E= Einsteiger