

	MONTAG		DIENSTAG	MITTWOCH	DONNERSTAG		FREITAG	SAMSTAG	SONNTAG
RAUM A	North Iron 9.00 - 9.55		Bebo 9.30 - 9.55 E	Intensives Intervalltraining 8.30 - 8.55	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	North Iron 9.00 - 09.55	Rückenfit 11.00 - 11.55 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	50 Plus 10.00 - 10.55 E	Kniegruppe 12.00 - 12.25 E		Jumping Fitness 11.00 - 11.55	Yogilates 11.00 - 11.55 E	Bodytoning 12.00 - 12.55 E
				Sanftes Yoga 11.00 - 11.55 E				Zumba 12.00 - 12.55 E	
	Step I 16.00 - 16.55		Bodytoning 14.00 - 14.55				Zumba 15.00 - 15.55 E		
RAUM A	North Iron 17.00 - 17.55 E		Vinyasa Power Yoga I 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 E	Zumba 18.00 - 18.55		North Iron 18.00 - 18.55	Step I 17.00 - 17.55		
	Jumping Fitness 19.00 - 19.55		Nike Dynamic Training 19.00 - 19.55	Bodytoning Intervall 19.00 - 19.55		Zumba-Dance-Mix 19.00 - 19.55 ab August!			
			Jumping Fitness 20.00 - 20.55	Kick & Box 20.00 - 20.55 E		Jumping Fitness 20.05 - 20.55			
RAUM B			Functional Training 17.00 - 17.55			Pilates I-II 09.30 - 10.25	Stretch & Relax 11.00 - 11.25 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		
						Faszienstretch 18.00 - 18.25 E			
IC	IC I-II 18.00 - 18.55	IC Basic 19.00 - 18.25 E	Indoor Cycling I-II 09.00 - 09.55	Indoor Cycling I 18.00 - 18.55 E	IC I-II 10.30 - 11.25	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