


	montag	dienstag	mittwoch	donnerstag	freitag	samstag	sonntag	
RAUM A	North Iron 9.00 - 9.55	Bebo 9.30 - 9.55	North Iron 9.30 - 10.25	Aerobic / Step Fatburner 10.00 - 10.55	North Iron 09.00 - 09.55	Bodytoning 10.00 - 10.55	North Iron 10.00 - 10.55	
	Aerobic 10.00 - 10.55	Bodytoning 10.00 - 10.55	50 Plus 10.30 - 11.25	Bauch intensiv 11.00 - 11.25	Bodytoning 10.00 - 10.55	Zumba 11.00 - 11.55 14-tägig	Bodytoning 11.00 - 11.55	
	RückenFit 11.00 - 11.55	Pilates 11.00 - 11.55	Stretching 11.30 - 11.55	Kniegruppe 11.30 - 11.55			Kick & Box + BBP 12.00 - 12.55	
		Bodytoning 14.00 - 14.55		Brustkrebsgruppe 15.00 - 15.55				
	Aerobic / Step Fatburner / Basic 16.00 - 16.55			Tai Chi 16.00 - 16.55	Bodytoning 16.00 - 16.55			
RAUM B	North Iron 17.00 - 17.55	Bodytoning 17.00 - 17.55	Bodytoning 17.00 - 17.55	North Iron 17.00 - 17.55	Step I 17.00 - 17.55	North Iron 16.30 - 17.25		
	Pilates 18.00 - 18.55	Step II 18.00 - 18.55	Step I Fatburner 18.00 - 18.55	Step II 18.00 - 18.55	Pilates 18.00 - 18.55			
	Step II 19.00 - 19.55	North Iron 19.00 - 19.55	Bodytoning 19.00 - 19.55	Step & Tone Basic 19.00 - 19.55				
	Step Basic 20.00 - 20.55	Qi Gong 20.00 - 20.55	Kick & Box + BBP 20.00 - 20.55				Einführungskurs! Termine laut Aushang	
RAUM B	Bodytoning 17.30 - 18.25	Yoga 17.00 - 17.55	Pilates 17.00 - 17.55	RückenFit 18.00 - 18.55				
		RückenFit 18.00 - 18.55	Pilates 19.00 - 19.55	Yoga 19.00 - 19.55	Bauch intensiv 20.00 - 20.25	RückenFit 18.00 - 18.55		
IC	Indoor Cycling I - II 19.00 - 20.15	IC Basic 09.00 - 09.55	IC II 20.00 - 21.15	 Lady Fitness	Indoor Cycling I-II 19.00 - 20.15	Indoor Cycling I 10.00 - 10.55	Indoor Cycling I 17.45 - 19.00	Indoor Cycling II 11.15 - 12.30