

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG			
RAUM A	North Iron 9.00 - 9.55	Bebo 9.30 - 9.55 E	North Iron 9.30 - 10.25	Aerobic / Step I Fatburner 10.00 - 10.55	North Iron 9.00 - 09.55 E	Bodytoning 10.00 - 10.55	North Iron 10.00 - 10.55			
	Aerobic 10.00 - 10.55	Bodytoning 10.00 - 10.55 E	50 Plus 10.30 - 11.25 E	Bauch intensiv 11.00 - 11.25 E	Bodytoning 10.00 - 10.55 E	Pilates I 11.00 - 11.55 E	Bodytoning 11.00 - 11.55 E			
	RückenFit 11.00 - 11.55 E	Pilates I 11.00 - 11.55 E	Stretching 11.30 - 11.55 E	Kniegruppe 11.30 - 11.55 E		Zumba 12.00 - 12.55 E				
		Bodytoning 14.00 - 14.55		Brustkrebsgruppe 15.00 - 15.55 E						
	Step I 16.00 - 16.55			Tai Chi 16.00 - 16.55 E	Bodytoning 16.00 - 16.55 E					
	North Iron 17.00 - 17.55 E	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 E				
	Step II 18.00 - 18.55	Step II 18.00 - 18.55	Step I-II Fatburner 18.00 - 18.55	Step II 18.00 - 18.55	Pilates II 18.00 - 18.55					
	Zumba 19.00 - 19.55 E	North Iron 19.00 - 19.55	Bodytoning 19.00 - 19.55	Step & Tone Basic 19.00 - 19.55 E						
	Step Basic 20.00 - 20.55 E	Qi Gong 20.00 - 20.55 E	Zumba 20.00 - 20.55	Dance Aerobic 20.00 - 20.55			Einführungskurs! Termine laut Aushang			
RAUM B	Flexi Bar 17.30 - 17.55 E	Bodytoning 18.00 - 18.55 E	Yoga 17.00 - 17.55	Pilates II 17.00 - 17.55	RückenFit 18.00 - 18.55 E	Pilates I-II 09.30 - 10.25				
	Pilates II 19.00-19.55	RückenFit 18.00 - 18.55	Pilates I-II 19.00-19.55	Yoga 19.00 - 19.55 E	Bauch intensiv 20.00 - 20.25 E	Yoga 17.00 - 17.55 E	RückenFit 18.00 - 18.55 E			
IC	IC I 10.00 - 10.55 E	IC I - II 20.00 - 20.55	IC Basic 09.00 - 09.55 E	IC II 20.00 - 20.55		Indoor Cycling I - II 19.00 - 19.55	IC Basic 10.00 - 10.55 E	IC I-II 17.00 - 17.55	Indoor Cycling I 17.45 - 18.40 E	Indoor Cycling II 11.15 - 12.10

E= Einsteiger