

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
■ 08:15 - 09:00 Zumba I	9:10 - 10:00 WOYO I	9:00 - 10:00 Pilates I	9:15 - 10:15 Bauch-Beine-Po I	▶ 9:20 - 10:20 Jump & Style I	● 15:20 - 16:20 Zumba I-II	▶ 10:15 - 11:15 Indoorcycling I-II
09:15 - 10:15 Stabybar I	▶ 10:15 - 11:15 WOD II	▶ 10:10 - 10:55 Jumping Fitness I	10:25 - 11:25 WOYO I	10:30 - 11:20 Wirbelsäulen- gymnastik I	▶ 16:30 - 17:15 Jumping Fitness I	10:20 - 11:20 Bodyworkout I
10:15 - 11:15 Bodystyling I						
16:00 - 16:45 Fit & Relax I (Okt. - April)				16:00 - 16:50 Step I - II	<p><b><u>Bitte immer auf den Aushang achten !!!</u></b></p> <p><b>Kurse finden ab 3 Teilnehmern statt - Indoorcycling und Jumping Fitness ab 5</b></p> <p>▶ Für diese Kurse <b><u>immer</u></b> anmelden!</p> <p>● Für diese Kurse <b><u>von Mai-Aug.</u></b> anmelden!</p> <p>■ Für diese Kurse <b><u>in den Ferien</u></b> anmelden!</p> <p>Infos an der Theke</p> <p><b>0931 – 40 88 36</b></p> <p><b>Viel Spaß!!!</b></p>	
▶ 16:55 - 17:25 Basic Fitness I	● 17:00 - 17:55 Zumba I	▶ 17:15 - 17:45 HIT II-III	17:00 - 18:00 X-CO & Pump I	▶ 17:00 - 17:45 Jumping Fitness I		
17:30 - 18:20 Bodyfit I	18:00 - 18:55 Musclework pur II-III	18:00 - 18:55 WOYO I	18:05 - 19:00 Wirbelsäulen- gymnastik I	▶ 18:00 - 19:00 WOD III		
▶ 18:15 - 19:15 Indoorcycling I-II	19:05 - 20:05 Bodystyling I	19:05 - 20:05 X-CO I-II	19:05 - 20:05 Latinostep II	▶ 18:15 - 19:15 Indoorcycling II-III		
18:30 - 19:30 Zumba I	▶ 19:30 - 20:30 Indoorcycling I-II	▶ 19:30 - 20:30 Indoorcycling I-II	▶ 18:30 - 19:30 Indoorcycling III			
▶ 19:35 - 20:35 Step I	20:15 - 21:15 Step II	▶ 20:15 - 21:00 Jumping Fitness I	20:15 - 21:15 Bauch-Beine-Po I			
▶ 19:40 - 20:30 Jumping Fitness I						