

AEROBIC - RAUM EG

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10.00 - 11.00 11.00 - 12.00 Rücken-Fit Ela		9.00 - 10.00 Rücken-Fit Jana		9.30 - 11.00 Rücken-Yoga Elke	11.00 - 12.00 Pilates Rose-Mary	10.15 - 11.15 Bauch- und Rücken-Fit Janine
		10.00 - 11.00 Nordic Walking Jana				
12.00 - 12.45 Pilates Friederike	10.00 - 11.00 Mentalphysics Gerd	11.00 - 12.00 Pilates Friederike	11.45 - 12.45 Bewegte Mittagspause Jana	11.00 - 12.00 Bodyworkout Elke	12.00 - 13.45 Bodyworkout Rose-Mary	11.15 - 12.15 Bodyworkout Janine
17.00 - 18.00 Bauch- und Rücken-Fit Jana	17.30 - 18.15 Cardio-Mix Mary	17.00 - 18.00 Langhanteltraining Hot-Iron Tatjana	17.00 - 18.00 Zumba Jana	16.45 - 17.45 Einsteiger Tai Chi / Qigong 17.45 - 18.45 Fortgeschrittene Tai Chi / Qigong		
18.00 - 19.00 Zumba Jana	18.15 - 19.00 Bodyworkout Mary	18.00 - 19.30	18.00 - 19.00 Bauch- & Rücken-Fit Jana			
19.00 - 19.30 Bauch - Spezial Jana	19.00 - 19.45 Bauch- und Rücken-Fit Mary	Bodyworkout Lisa	19.00 - 20.00 KAPOW Jana			
19.30 - 21.00 Relax - Yoga Elke	19.45 - 21.15 Open Yoga Helene	20.00 - 21.15 Qi Gong Gerd	20.00 - 20.30 Stretch & Relax Jana			

INDOOR CYCLING - RAUM OG

18.00 - 19.00 Easy Rider Simone		18.15 - 19.15 Easy Rider Tatjana	18.00 - 18.45 Easy Rider Mike	18.15 - 19.15 Easy Rider Lars		11.00 - 12.00 Roadrunner Simone, Mike, Justina, Thomas, Sandra
19.00 - 19.30 Im Anschluss Berg- und Talfahrt Simone	18.30 - 19.30 Easy Rider Achim		19.00 - 20.00 Roadrunner Mike			