

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 Mentalphysics Gerd	9.00 - 10.00 Rücken-Fit 10.00 - 11.00 Fascientraining Wolfgang		9.30 - 11.00 Rücken - Yoga Elke		10.15 - 11.15 Bauch- und Rücken- Fit Janine
12.00 - 12.45 Pilates Ela	10.00 - 11.00 CorExpress Wolfgang	11.00 - 12.00 Pilates Rose	11.45 - 12.45 Bewegte Mittagspause Selina	11.00 - 12.00 Bodyworkout Elke		11.15 - 12.15 Bodyworkout Janine
17.00 - 18.00 Bauch- und Rücken-Fit Caro	17.30 - 18.15 Functional Training Janine	17.00 - 18.00 Langhanteltraining Tatjana	17.30 - 18.30 ZUMBA Jana	16.45 - 17.45 Einsteiger Tai Chi / Qigong 17.45 - 18.45 Fortgeschrittene Tai Chi / Qigong		
18.00 - 19.00 Pilates Caro	18.15 - 19.00 Bodyforming Janine	18.00 - 19.00 Bauch- und Rücken- Fit Janine	18.30 - 19.30 Bauch- und Rücken- Fit Jana			
		19.00 – 20.00 Bodyworkout Janine	19.30 - 20.30 Kapow Jana			
19.30 - 21.00 Relax - Yoga Elke	19.00 - 20.30 Open - Yoga Helene/ Christine	20.00 - 21.15 Qi Gong Gerd				

INDOOR CYCLING - R A U M OG

18.15 - 19.15 Easy Rider Lars	18.30 - 19.30 Easy Rider Achim	18.15 - 19.15 Easy Rider Tatjana	18.00 - 18.45 Easy Rider Mike	18.15 - 19.15 Roadrunner Thomas		11.00 - 12.00 Roadrunner Caro / Mike / Thomas / Sandra
			19.00 - 20.00 Roadrunner Mike			