



Mo		Di		Mi		Do		Fr		Sa		So	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
	8.30 - 9.30 Body Balance	9.00 - 9.30 Core			7.30 - 9.00 On Demand		9.00 - 9.30 Core		7.30 - 9.00 On Demand				
9.30 - 10.45 Body Pump	9.30 - 10.15 Body Attack	9.30 - 10.30 Body Balance	9.15 - 10.15 Cycle WELL Rücken	9.15 - 10.15 Step I-II	9.15 - 10.30 Power Race Cycling	9.30 - 10.30 Zumba	9.45 - 10.30 Qi Gong	9.15 - 10.15 Step I-II	9.30 - 10.30 Reha-Sport II. Rezept				
	10.15 - 11.00 Core 45	10.30 - 11.30 Training nach Liebscher & Bracht	10.30 - 17.00 On Demand	10.30 - 11.45 Body Pump	10.30 - 11.30 Rücken & Stretch	10.45 - 12.00 Yoga		10.30 - 11.30 Rücken & Stretch		10.30 - 11.45 Body Pump	10.00 - 11.30 Yoga	9.45 - 11.00 Functional Power	9.45 - 10.45 Body Balance
	11.00 - 14.30 On Demand				10.30 - 18.00 On Demand		11.00 - 16.30 On Demand		11.00 - 15.30 On Demand	11.45 - 13.00 Body Combat	12.00 - 18.00 On Demand		11.00 - 12.30 Fit-Box II
										13.00 - 13.30 Core			13.00 - 15.30 On Demand
	15.00 - 15.45 Reha-Sport II. Rezept				16.30 - 17.30 Training nach Liebscher & Bracht				16.00 - 16.30 Grit	16.00 - 17.00 Simply Stretch			
	16.30 - 17.00 Core 17.00 - 17.30 Body Attack	17.00 - 18.00 Pilates	17.15 - 17.45 Grit	17.30 - 18.30 Rücken & Stretch		17.00 - 18.00 BBP	16.45 - 17.45 Karate Anfänger/ Fortgeschr.	17.00 - 18.00 Body Balance	17.00 - 17.45 Core 45			17.00 - 18.15 Body Pump	17.00 - 18.15 Yoga
17.30 - 18.45 Body Pump	17.45 - 19.00 Step III	18.00 - 19.15 Yoga	18.00 - 19.15 Power Race Cycling	18.30 - 19.30 Body Combat	18.30 - 19.45 Indoor Rowing	18.00 - 19.00 Zumba	18.00 - 19.00 Body Attack	18.00 - 19.15 Body Pump	17.45 - 18.30 und 20.45 - 21.30 On Demand		18.15 - 19.00 The Trip	18.15 - 19.15 Body Combat	18.30 - 19.00 Core
18.45 - 19.45 Body Combat	19.00 - 20.00 Body Balance	19.15 - 20.15 Zumba		19.30 - 20.45 Body Pump		19.00 - 20.15 Yoga	19.00 - 19.30 Core	19.15 - 20.15 Latino Dance	18.30 - 19.45 Power Race Cycling		19.00 - 20.30 On Demand		19.15 - 20.00 The Trip
19.45 - 20.15 Grit	20.10 - 20.55 The Trip		20.15 - 21.15 Karate Erwachsene Alle Stufen			20.15 - 21.15 Karate Erwachsene Alle Stufen	19.30 - 20.30 Body Combat						

BITTE BEACHTEN ! für die Kurse Cycling und Indoor Rowing bitte 30 min. vor Kursbeginn in die Teilnehmerlisten an der Theke eintragen.