


MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:30-10:25 (55 Min.) Bodyforming Sandra R.	09:30-10:25 (55 Min.) SPEEDBALLSM and more Susa	09:30-10:25 (55 Min.) Bodyforming + Rücken Anastasia	09:30-10:25 (55 Min.) Cycling Peter / Alex	09:30-10:55 (85 Min.) Yoga B.K.S. Iyengar (i.d.Tradition)*** Stephan	09:30-10:55 (85 Min.) Sampoorna Yoga Nicole	10:00-10:55 (55 Min.) Jazz Workout Dance Demitre
10:30-10:55 (25 Min.) Flexi-Bar[®] *** Sandra R.	09:30-10:25 (55 Min.) Pilates Doris	10:00-11:25 (85 Min.) Yoga B.K.S. Iyengar (i.d.Tradition) Stephan ***	10:00-10:55 (55 Min.) Zumba[®] Kerstin	09:30-10:25 (55 Min.) Zumba[®] Susa	10:00-10:55 (55 Min.) Hip Hop (6-11 J.) Christina Alisia	10:00-10:55 (55 Min.) Langhantel Workout 2 Franzi / Iby
11:00-11:25 (25 Min.) Six-Pack Sandra R.	10:30-11:25 (55 Min.) Fatburner Cycling Susa	10:00-10:55 (55 Min.) Zumba[®] Leah / Verena	11:00-11:55 (55 Min.) Bodyforming Kerstin	10:30-11:25 (55 Min.) Pilates Susa	10:00-10:55 (55 Min.) Bodyforming Sonja	11:00-11:55 (55 Min.) Dynamic Harmony Demitre
16:30-17:25 (55 Min.) Power Kids (4-6J.) Sarah	16:30-17:25 (55 Min.) Jumping Jump Sandra S.	16:30-17:25 (55 Min.) Fatburner Workout Mirjam	16:30-17:25 (55 Min.) Jumping Jump Sandra S.	10:30-11:25 (55 Min.) TRX[®] Suspension Training Sandra R.	11:00-11:55 (55 Min.) Hip Hop (12-16 J.) Christina Alisia	11:00-11:55 (55 Min.) Intervall Cycling Franzi / Iby
16:30-17:25 (55 Min.) Bodyforming Franzi	16:30-17:25 (55 Min.) Bodyforming Mirjam	17:30-17:55 (25 Min.) XCO[®] Reaktiv training Steffi	16:30-17:25 (55 Min.) Zumba[®] Leah / Nicole	16:30-17:25 (55 Min.) Fatburner Workout Myriam	11:00-11:55 (55 Min.) Latino Dance Sonja	11:00-12:10 (70 Min.) AntiGravity[®] Yoga Jutta
17:30-18:25 (55 Min.) Cycling Franzi	17:30-18:25 (55 Min.) Zumbatomic[®] (6-11J.) Nicole	18:00-18:55 (55 Min.) Bodyforming Steffi	17:30-18:40 (70 Min.) AntiGravity[®] Yoga Jutta	18:00-18:55 (55 Min.) Zumba[®] Myriam	16:30-17:25 (55 Min.) Fatburner Workout Ruth	17:00-17:55 (55 Min.) BBP BBP - Team
18:00-18:55 (55 Min.) Zumba Toning[®] Marion	17:30-18:25 (55 Min.) TAEBO[®] Sharky	18:00-19:25 (85 Min.) Yoga B.K.S. Iyengar (i.d.Tradition) Stephan	18:00-18:55 (55 Min.) Balance SwingTM Sandra R.	18:00-18:55 (55 Min.) Pilates Doris	16:30-17:25 (55 Min.) Fatburner Cycling ** Marc & Manu	17:00-17:55 (55 Min.) Cycling Motto siehe  Wolfi / Marc & Manu
18:00-18:55 (55 Min.) Step Kerstin	18:00-18:55 (55 Min.) Erotic Dance Elena	18:00-18:55 (55 Min.) Pilates Plus Doris	18:00-18:55 (55 Min.) HipHop Wladimir	18:00-18:55 (55 Min.) Bodyforming Edigna	17:30-18:25 (55 Min.) Zumba[®] Leah / Zumba Team	17:00-17:55 (55 Min.) Special-Time *****
18:00-18:55 (55 Min.) TAEBO[®] Intro Sarah	18:30-19:25 (55 Min.) Zumba[®] Nicole	18:00-18:55 (55 Min.) Easy Cycling Peter	18:00-18:55 (55 Min.) Easy Cycling Edigna	18:00-18:55 (55 Min.) Langhantel Workout 2 Iris	17:30-17:55 (25 Min.) Six-Pack Ruth	18:00-18:55 (55 Min.) Special-Time *****
19:00-19:55 (55 Min.) Zumba[®] Marion	18:30-19:25 (55 Min.) Power Cycling Edigna	18:00-18:55 (55 Min.) Step Tine	18:00-18:55 (55 Min.) Langhantel Workout 1 Ruth	19:00-19:55 (55 Min.) Zumba Toning[®] Marion	17:30-18:25 (55 Min.) Cycling Marc & Manu	18:00-18:55 (55 Min.) Cycling Wolfi / Marc & Manu
19:00-19:55 (55 Min.) Flexi-Bar[®] Moni	18:30-19:25 (55 Min.) Boot Camp Sharky	18:00-18:55 (55 Min.) TAEBO[®] Intro Sharky	19:00-20:25 (85 Min.) Yoga B.K.S. Iyengar (i.d.Tradition) Stephan	19:00-19:55 (55 Min.) WSG *** Wladimir		
19:00-19:55 (55 Min.) bodyARTTM Deep Work Kerstin	18:45-19:55 (70 Min.) AntiGravity[®] Yoga Jutta ab 03.04.2012	19:00-19:25 (25 Min.) Six-Pack Sharky	19:00-19:25 (25 Min.) Six-Pack Ruth	19:00-19:55 (55 Min.) SPEEDBALLSM Fitness Edigna		
19:00-19:55 (55 Min.) Cross Over (Cycling) Peter	19:00-20:25 (85 Min.) Yoga Wladimir	19:00-19:55 (55 Min.) Polefitness[®] - absolute Basics Nadine ****	19:00-19:55 (55 Min.) Polefitness[®] - absolute Basics Edigna ****	19:00-19:55 (55 Min.) Power Cycling Iris		
19:00-19:45 (45 Min.) Kettlebell Sharky	19:00-19:55 (55 Min.) AeroDance Angelo	19:00-19:55 (55 Min.) Langhantel Workout 1 Moni	19:00-19:55 (55 Min.) TAEBO[®] * Sharky	19:00-20:10 (70 Min.) AntiGravity[®] Yoga Jutta		
20:00-21:10 (70 Min.) AntiGravity[®] Yoga Stephan	19:30-19:55 (25 Min.) Six-Pack Edigna	19:00-19:55 (55 Min.) Dance Tine	19:15-20:10 (55 Min.) Cycling Marc & Manu	19:00-19:55 (55 Min.) TAEBO[®] TaeBo-Team		
20:00-20:55 (55 Min.) Balance SwingTM Moni	19:30-20:25 (55 Min.) Cycling Moni	19:15-20:10 (55 Min.) Fatburner Cycling ** Peter	19:30-20:25 (55 Min.) Step Aerobic Angelo	20:00-20:25 (25 Min.) Six-Pack TaeBo-Team		
20:00-20:55 (55 Min.) Pilates *** Doris	19:30-20:25 (55 Min.) TAEBO[®] Katja	20:00-20:55 (55 Min.) WSG*** Moni	20:00-20:55 (55 Min.) Polefitness[®] Edigna	20:00-20:55 (55 Min.) Zumba[®] Edigna		
20:00-20:55 (55 Min.) TRX[®] Suspension Training & Conditioning Sharky	20:00-20:55 (55 Min.) Step Fun Angelo	20:00-21:25 (85 Min.) Polefitness[®] Nadine	20:00-20:55 (55 Min.) TRX[®] Suspension Training Sandra R.	20:00-20:55 (55 Min.) Cycling Iris		
20:00-20:55 (55 Min.) Fatburner Cycling Peter ab 27.02.2012	20:00-20:55 (55 Min.) Polefitness[®] **** Edigna	20:00-20:55 (55 Min.) Power Boxing Sharky / Sandra R.	20:15-21:10 (55 Min.) Fatburner Cycling Peter / Marc & Manu ab 01.03.2012			
	20:30-21:25 (55 Min.) Langhantel Workout 2 Moni		20:30-21:25 (55 Min.) BBP Angelo			
	20:30-21:25 (55 Min.) Power Cycling Rolf / Marc					



Kursräume

1 Feuer	2 Erde	3 Luft	4 Wind	5 Drachenhöhle	6 Folterkammer
Anfänger	Für Alle	Mittelstufe	Fortgeschrittene	Outdoor	KIDS

Bitte die Belegung folgender Kurse voranmelden:
Cycling, Polefitness[®], TRX[®] und AntiGravity[®] Yoga.

Die Listen zum Eintragen liegen jeden Montag ab 09:00 Uhr am Service für Euch bereit !!!

- * nur mit guten Technik-Vorkenntnissen
- ** Pulsuhr bitte mitbringen, falls vorhanden
- *** ein Kurs - auch für unsere Junggebliebenen
- **** 2 Teilnehmer an einer Stange