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# Kursplan gültig ab 16. Januar 2012 (Änderungen vorbehalten)

| MO                                  |               |     | DI                                  |                    |                                     | MI  |                                |     | DO                            |                       |     | FR                            |                       |     | MO - FR | SA - SO                          | SA                  | SO |       |                          |                                |  |  |
|-------------------------------------|---------------|-----|-------------------------------------|--------------------|-------------------------------------|---|--------------------------------|-----|-------------------------------|-----------------------|-----|-------------------------------|-----------------------|-----|---------|----------------------------------|---------------------|----|-------|--------------------------|--------------------------------|--|--|
| I                                   | II            | III | I                                   | II                 | III                                 | I   | II                             | III | I                             | II                    | III | I                             | II                    | III | 08:00   | 10:30                            | I                   | I  |       |                          |                                |  |  |
|                                     |               |     |                                     |                    |                                     | 09.15<br>BioSwing®                            |                                |     | 09.15<br>BioSwing®            |                       |     |                               |                       |     | 09:00   | 15:00                            | 15.00<br>Body Pump® |    |       |                          |                                |  |  |
| 10.00<br>Rücken-<br>gymnastik       |               |     | 10.00<br>Body Pump®                 |                    |                                     | 10.00<br>Rücken-<br>gymnastik                 |                                |     | 10.00<br>Body Vive®           |                       |     | 10.00<br>Rücken-<br>gymnastik |                       |     | 10:00   | Rücken, Haltung, Beweglichkeit   |                     |    |       |                          |                                |  |  |
| 11.00<br>Yoga                       |               |     | 11.00<br>Rücken-<br>gymnastik       |                    |                                     |   |                                |     | 11.00<br>Pilates              |                       |     | 11.00<br>Pilates              |                       |     | 11:00   | Abnehmen, Figur, Fettverbrennung |                     |    |       |                          |                                |  |  |
|                                     |               |     |                                     |                    |                                     | 14.00<br>Rücken-<br>gymnastik                 |                                |     |                               |                       |     |                               |                       |     | 14:00   | Kraft, Muskelaufbau, -straffung  |                     |    |       |                          |                                |  |  |
|                                     |               |     |                                     |                    |                                     |   |                                |     |                               |                       |     |                               |                       |     |         |                                  |                     |    | 15:00 | Ausdauer, Herz-Kreislauf |                                |  |  |
|                                     |               |     |                                     |                    |                                     |   |                                |     |                               |                       |     |                               |                       |     |         |                                  |                     |    |       | 15:00                    | Spiel, Spaß & Sport für Kinder |  |  |
| 16.00<br>Power-Kids<br>[5-7 Jahre]  |               |     | 16.00<br>Pilates                    |                    |                                     | 16.00<br>Purzelbaum-<br>gruppe<br>[3-5 Jahre] |                                |     | 16.00<br>Yoga                 |                       |     | 16.00<br>Body Vive®           |                       |     | 16:00   |                                  |                     |    |       |                          |                                |  |  |
| 17.30<br>CXWORX®                    |               |     | 17.00<br>Bauch Beine<br>Po & Rücken |                    |                                     |   | 17.00<br>RPM®                  |     | 17.30<br>CXWORX®              | 17.30<br>Pump®Technik |     | 17.00<br>Body<br>Attack®      | 17.00<br>Yoga         |     | 17:00   |                                  |                     |    |       |                          |                                |  |  |
| 18.00<br>Bauch Beine<br>Po & Rücken | 18.00<br>RPM® |     | 18.00<br>Body<br>Combat®            | 18.15<br>BioSwing® | 18.00<br>Lauftreff<br>(lt. Aushang) | 18.00<br>Pilates                              | 18.00<br>Athletik-<br>Training |     | 18.00<br>Body Pump®           |                       |     | 18.00<br>Body<br>Balance®     | 18.30<br>Pump®Technik |     | 18:00   |                                  |                     |    |       |                          |                                |  |  |
| 19.00<br>Body Step®                 |               |     | 19.00<br>Body<br>Balance®           | 19.00<br>RPM®      |                                     | 19.00<br>Body Jam®                            |                                |     | 19.00<br>Rücken-<br>gymnastik |                       |     | 19.00<br>Body Pump®           |                       |     | 19:00   |                                  |                     |    |       |                          |                                |  |  |
| 20.00<br>Body Pump®                 |               |     | 20.00<br>Body Pump®                 |                    |                                     | 20.00<br>Body<br>Attack®                      |                                |     | 20.00<br>Body Pump®           |                       |     |                               |                       |     | 20:00   |                                  |                     |    |       |                          |                                |  |  |

