

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
K WAKE UP A 08.30-08.55 KR 3 • Annette	B FAYO® E 08.30-09.55 KR 1 • Petra	K WAKE UP A 08.30-08.55 KR 2 • Annette				
A INDOOR CYCLING 09.00-09.55 KR 3 • Barbara		A INDOOR CYCLING 09.00-09.55 KR 2 • Annette	B YOGA RÜCKEN E 09.00-10.30 KR 4 • Tanja	K BAUCH BEINE PO 09.00-09.55 KR 2 • Rosi		
	B STRETCHING 10.00-10.55 KR 4 • Steffi		B YOGA RÜCKEN E 10.45-12.15 KR 4 • Tanja	B STRETCHING 10.00-10.55 KR 2 • Rosi	A INDOOR CYCLING 10.30-12.00 KR 3 • Michael	FIT MIX 10.30-12.00 siehe Aushang
B POWER YOGA E 18.00-18.55 KR 1 • Petra	K STARKER RÜCKEN 18.00-18.55 KR 3 • Sarah	K BAUCH BEINE PO 17.00-17.55 KR 4 • Ingeborg	B POWER YOGA E 18.00-18.55 KR 1 • Petra	B FAYO® E 18.00-18.55 KR 1 • Petra		
K BAUCH BEINE PO 18.00-18.55 KR 3 • Ingeborg	K DEEPWORK® 18.00-18.55 KR 4 • Friederike	K HOT METAL 18.00-18.55 KR 4 • Tanja	K DEEPWORK® A 18.00-18.55 KR 4 • Max	A ZUMBA TONING® C 18.00-18.55 KR 4 • Christin		
K HOT METAL 18.00-18.55 KR 4 • Linda	K BODY STYLING A 19.00-19.55 C KR 4 • Ingeborg	A ZUMBA® C 19.00-19.55 KR 4 • Meli	A INDOOR CYCLING 19.00-19.55 KR 3 • Conny	A ZUMBA® C 19.00-19.55 KR 4 • Christin		
A INDOOR CYCLING 19.00-19.55 KR 3 • Sladjana	K POWER KON A 20.00-20.55 KR 1 • Joachim		K BODY FIT A 19.00-19.55 KR 4 • Max			
A ZUMBA® C 19.00-19.55 KR 4 • Poonam						
B FAYO® E 19.00-19.55 KR 1 • Petra						
A KAPOW® C 20.00-20.55 KR 4 • Poonam						

A = Ausdauer **E** = Entspannung
B = Beweglichkeit **C** = Choreographie
K = Kraft

