



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
	8.15 - 9.30 Wake Up Yoga	8.45 - 9.15 CX Worx											
9.30-10.30 Body Pump		9.30-10.30 Zumba	9.15-10.15 Cycle WELL Rücken	9.15-10.15 Step I-II	9.15-10.15 Power Race Cycling	9.15-10.15 Pilates	9.45-10.30 Qi Gong	9.15-10.15 Step II		9.45-10.15 Grif (Zusatzabo) Outdoor		9.15-10.15 Cantienica Power- Programm	
		10.45-12.00 Yoga		10.30-11.30 Body Pump	10.30-11.30 Rücken & Stretch	10.30-11.30 Zumba	11.00-12.00 Reha-Sport II. Rezept	10.30-11.30 Rücken & Stretch		10.30-11.30 Body Pump	10.00-11.30 Yoga		
										11.45-12.45 Body Combat Outdoor			11.00-12.00 KickBo Outdoor
<p><b>BITTE BEACHTEN!</b> für die Kurse Cycling und Indoor Rowing bitte 30 min. vor Kursbeginn in die Teilnehmerlisten an der Theke eintragen.</p>									13.30-14.15 Reha-Sport II. Rezept				
									14.30-15.30 Reha-Sport II. Rezept in Planung				
	15.00-16.00 Reha-Sport II. Rezept				16.15-17.00 Simply Stretch			16.00-16.30 Grif (Zusatzabo) Outdoor	16.00-17.00 Body Balance				
16.30-17.30 Simply Stretch	16.30-17.00 CX Worx 17.00-17.30 BodyAttack	17.00-18.00 Pilates	17.15-17.45 Grif (Zusatzabo) Outdoor	17.00-18.00 Rücken & Stretch		17.00-18.00 BBP	16.45-17.45 Karate Anfänger/ Fortgeschr.	17.15-17.45 CX Worx				17.00-18.15 Body Pump	17.00-18.15 Yoga
17.45-19.00 Body Pump	17.45-18.45 Step II	18.00-19.15 Yoga	17.45-18.45 Power Race Cycling	18.30-19.30 Body Combat Outdoor		18.00-19.00 Zumba	18.00-19.00 Body Attack Outdoor	18.00-19.00 Body Pump	18.30-19.30 Power Race Cycling			18.15-19.15 Body Combat Outdoor	
18.45-19.45 Body Combat Outdoor	19.00-20.00 Body Balance	19.30-20.30 Zumba		19.30-20.30 Body Pump	19.00-20.15 Indoor Rowing 14-tägig	19.15-20.30 Yoga	19.00-19.30 CX Worx						
19.45-20.15 Grif (Zusatzabo) Outdoor			20.15-21.15 Karate Erwachsene Alle Stufen				20.30-21.30 Karate Erwachsene Alle Stufen						