



MONTAG		ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
		06.30 - 07.25	Cycling 55'	Piero	all	3
		08.55 - 09.55	deep Work - Body Toning im Wechsel	Edith	all	1
		10.00 - 10.55	Pilates	Sandra R.	all	1
		18.00 - 18.55	Power Work	Odette	all	1
		18.30 - 19.45	Cycling 75'	Alice	medium	3
		19.00 - 19.55	Zumba	Marino	all	1
		20.00 - 20.55	Power Yoga	Milena	all	1
DIENSTAG		ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
ab 1. Oktober		06.30 - 07.15	Functional Training	Patrik	all	2
		08.30 - 09.25	Rücken Gym	Mirella	all	1
		08.45 - 09.55	Cycling 75'	Alice	medium	3
		09.00 - 09.55	Functional Training	Corina	all	2
		10.00 - 10.55	Power Yoga	Corina	all	1
		12.15 - 13.00	M.A.X. - Core 45'	Team	medium	1
		18.00 - 18.55	Pilates	Odette	all	1
		18.30 - 19.25	Cycling 55'	Marino	all	3
		19.00 - 19.55	Power Work	Sandra C.	all	2
		19.00 - 19.55	TaeBo	Oli	all	1
MITTWOCH		ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
ab 2. Oktober		06.30 - 07.25	Cycling 55'	Piero	all	3
		08.30 - 09.25	Functional Training	Alice	all	2
		09.30 - 10.25	Faszien Stretching	Alice	all	1
		18.00 - 18.55	Body Toning	Edith	all	1
		18.30 - 19.45	Cycling 75'	Stefan	medium	3
		19.00 - 19.55	Zumba	Maria	all	1
DONNERSTAG		ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
ab 3. Oktober		06.30 - 07.15	Functional Training	Piero	all	2
		09.00 - 09.55	Cycling 55'	Alice	all	3
		09.00 - 09.55	M.A.X. & Core	Corina	all	2
		09.00 - 09.55	Rumpf & Balance	Piero	all	1
		10.00 - 10.55	Faszien Stretching	Corina	all	1
		18.00 - 18.55	Power Work	Odette	all	1
		18.00 - 18.25	aeroSling 25'	Sandra C.	medium	2
		18.30 - 19.45	Cycling 75'	Thomas	medium	3
		18.30 - 19.25	M.A.X. & Core	Alice	medium	2
		19.30 - 20.25	Faszien Stretching	Alice	all	2
FREITAG		ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
ab 4. Oktober		06.30 - 07.25	Cycling 55'	Giussi	all	3
		08.30 - 09.25	Body Art	Stephie	all	1
		09.30 - 10.25	Pilates 55'	Stephie	all	1
		12.15 - 13.00	Cycling 45'	Piero	all	3
		18.30 - 19.25	Zumba	Marino	all	1
			Daten gem. sep. Aushang			