

Zeit von	Montag		Kpa	Dienstag		Kpa	Mittwoch		Kpa	Donnerstag		Kpa	Freitag		Kpa	Samstag		Kpa	Sonntag		Kpa
	Aerobic R1	Cycling R2		Aerobic R1	Cycling R2		Aerobic R1	Cycling R2		Aerobic R1	Cycling R2		Aerobic R1	Cycling R2		Aerobic R1	Cycling R2		Aerobic R1	Cycling R2	
08:00				08.30-09.30 Nordic Walking E-F			08.30-09.30 BiWo Cycling E-M														
09:00	09.00-09.45 Geräteraum Fitnesszirkel E-F		Kinderbetreuung 08.45-12.00	09.15-10.15 ZUMBA E-F	09.45-10.35 Basic E	Kinderbetreuung 08.45-12.00	09.45-10.30 BBP&more E-F	09.40-10.30 FunCycling E-M	Kinderbetreuung 08.45-12.00	09.00-09.55 Bodystyling/ Flexi-Bar E-F		Kinderbetreuung 08.45-12.00	09.00-09.55 Dance M-F								
10:00	09.45-10.40 Dance M			10.20-11.15 Body Styling E-F			10.35-11.30 Step E-M			10.00-10.55 ZUMBA E-F			10.00-10.55 FitBall & Stretch E-F			10.00-10.55 X-Do I-II E-F					
11:00	10.45-11.45 BBP E-M									11.00-11.50 Pilates E-F			11.00-11.55 Body Styling/ Pilates E-F								
12:00																					
12:45	Kursprogramm HERBST/WINTER 2011/2012 gültig ab 04.10.2011																				
16:00	15.30-16.30 Kinder Sport 3-5 J.						15.30-16.30 Wirbel säule E-F			15.30-16.30 Wirbel säule E-F											
17:00							16.35-17.50 BodyArt E-F														
18:00	18.00-18.45 Flexi-Bar Rücken E-F			18.45-19.35 Cardio Cycling E-F	18.15-19.15 BBP&more E-F		18.00 - 18.15 FLAT ABS E-F	18.15 - 19.15 Pump Systems E-F	18.20-19.15 Fun Cycling M	18.15-19.15 Cardio Step F			17.30-18.25 Cardio&Style E-F			17.00-18.00 14tägig Cycling Party E-F	17.00 - 18.00 ZUMBA E-F				
19:00	18.45-19.30 Pump Systems Express E-F																	18.05-19.05 Body Styling E-F			
20:00	19.30-20.30 ZUMBA E-F	19.45-20.45 Fun Cycling E-F	19.20-20.20 X-Do I-II E-F				19.30-21.00 Vinyasa Yoga F	19.25-20.20 Cardio Cycling E-F	19.20-20.15 BBP& more E-F	19.00-19.55 Cardio Cycling E-M	19.45-20.45 BasicYoga E										
	20.30-21.45 BodyArt E-F									20.00-20.30 Basic Cycling E											

