

## AEROBIC - RAUM EG

| Montag   | Dienstag  | Mittwoch  | Donnerstag  | Freitag  | Samstag  | Sonntag   |
|--|---|---|---|--|--|---|
| 10.00 - 11.00<br>11.00 - 12.00<br><b>Rücken-Fit</b><br>Ela |   | 9.00 - 10.00<br><b>Rücken-Fit</b><br>Jana                           |   | 9.30 - 11.00<br><b>Rücken-Yoga</b><br>Elke   | 10.15 - 11.15<br><b>Pilates</b><br>Rose-Mary     | 10.15 - 11.15<br><b>Bauch- und Rücken-Fit</b><br>Janine |
|  |   | 10.00 - 11.00<br><b>Nordic Walking</b><br>Jana                      |   |  |  |   |
| 12.00 - 12.45<br><b>Pilates</b><br>Ela                     | 10.00 - 11.00<br><b>Mentalphysics</b><br>Gerd                   | 11.00 - 12.00<br><b>Pilates</b><br>Rose                             | 11.45 - 12.45<br><b>Bewegte Mittagspause</b><br>Selina  | 11.00 - 12.00<br><b>Bodyworkout</b><br>Elke  | 11.15 - 13.00<br><b>Bodyworkout</b><br>Rose-Mary | 11.15 - 12.15<br><b>Bodyworkout</b><br>Janine           |
| 17.00 - 18.00<br><b>Bauch- und Rücken-Fit</b><br><br>Jana  | 17.30 - 18.45<br><b>Functional Training Circuit</b><br><br>Juan | 17.00 - 18.00<br><b>Langhantel-training Hot-Iron</b><br><br>Tatjana | 17.00 - 18.00<br><b>Zumba</b><br><br>Jana               | 16.45 - 17.45<br><b>Einsteiger Tai Chi / Qigong</b><br>17.45 - 18.45<br><b>Fortgeschrittene Tai Chi / Qigong</b> |  |   |
| 18.00 - 19.00<br><b>Zumba</b><br>Jana                      | 18.45 - 19.45<br><b>Strong by Zumba</b><br>Juan                 | 18.00 - 19.30   | 18.00 - 19.00<br><b>Bauch- &amp; Rücken-Fit</b><br>Jana |  |  |   |
| 19.00 - 19.30<br><b>Bauch - Spezial</b><br>Jana            | 19.00 - 19.45<br><b>Bauch- und Rücken-Fit</b><br>Mary           | <b>Bodyworkout</b><br>Lisa  | 19.00 - 20.00<br><b>KAPOW</b><br>Jana                   |  |  |   |
| 19.30 - 21.00<br><b>Relax - Yoga</b><br>Elke               | 19.45 - 21.15<br><b>Open Yoga</b><br>Helene                     | 20.00 - 21.15<br><b>Qi Gong</b><br>Gerd                             | 20.00 - 20.30<br><b>Stretch &amp; Relax</b><br>Jana     |  |  |   |

## INDOOR CYCLING - RAUM OG

|  |   |   |  |  |  |  |
|--|---|---|--|--|--|--|
| 18.15 - 19.15<br><b>Indoor Cycling</b><br>Lars | 18.30 - 19.30<br><b>Easy Rider</b><br>Achim | 18.15 - 19.15<br><b>Easy Rider</b><br>Tatjana | 18.00 - 18.45<br><b>Easy Rider</b><br>Mike | 18.15 - 19.15<br><b>Easy Rider</b><br>Thomas |  | 11.00 - 12.00<br><b>Indoor Cycling</b> |
|  |   |   | 19.00 - 20.00<br><b>Roadrunner</b><br>Mike |  |  |  |