

Uhrzeit	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag
	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1/2
9:00 - 9:30	9:00 Iron System Simone		9:00 <u>Bodyshape</u> KIBE (H) Lee Lan			9:00 Pilates Rosi		9:30 Iron System Wal	9:00 Pilates Wal	9:00 <u>Rückenfit</u> Gabi KIBE(H)	9:00 Iron System Simone	9:00 <u>Bodyshape</u> Lee Lan	
10:00 - 10:30	10:00 Fitness Workout (S) Simone					10:00 45 Min Indoor Cycling Intro (H) Rosi				10:00 HIW: <u>Iron Express</u> +Step Gabi	10:00 75 Min Fitness Workout (S) Anette	10:00 Pilates Simone	10:00 Bodyshape Gabi 10:00 Fitness Workout Mela (S)
11:00 - 12:00											11:15 <u>Zandunga</u> Workout Anette	11:15 <u>Power</u> Circuit (H) Jürgen	11:00 <u>Iron System</u> Gabi 12:00 75 Min Iron Express + Indoor Cycling Lena 11:30 Bodyshape (H) Johanna 12:30 30 Min Easy Step Express (H) Johanna
16:00							<u>Langhantel-</u> training Birgit					16:00 Iron System Lena	Achtung: Kursplan gilt ab 12.05.2012 // Änderungen vorbehalten // KIBE und Kurse mit (H) per Hotline Tel 0651-9944020 abfragen <u>Unterstrichene</u> Kurse = Only Workout
16:30		Bodyshape Birgit		<u>Langhantel-</u> training Caroline		<u>Iron Workout</u> Lee Lan				<u>Langhantel-</u> training Lee Lan			
17:00	Pilates Rosi						Bodyshape Birgit		<u>Fitness</u> <u>Workout</u> Verena		17:15 Salsa (Paare) Beginner (H) Jürgen	17:00 Indoor Cycling Lena	
17:30		<u>Lang-</u> <u>hanteltraining</u> Birgit	Iron Workout Debbi	75 Min HIW: 30 Min Iron Express + IC Cori	Bodyshape Lee Lan	Indoor Cycling Rosi/Wal		Iron System Debbi		30 Min Iron Express Lee Lan			
18:00	Iron System Wal						<u>Step Moves</u> Wal		Iron System Verena	<u>Zandunga</u> <u>Workout</u> Debbi			
18:30		Fitness Workout Rosi	Fitness Workout (S) Wal		18:45 Iron System Wal			Pilates Rosi					
19:00	75 Min Fitness Workout (S) Anette	19:15 BIKE Einstellung Indoor Cycling		Core Sim		Bodyshape Gudrun	Core & Langhantel- training Wal		<u>Bodyshape</u> Debbi	<u>Indoor Cycling</u> (H) Lena/Gudrun			
19:30		30 Min Indoor <u>Cycling Intro/</u> <u>Anfänger</u> Wal	19:45 75 Min Rückenfit Wal		19:45 <u>Fitness</u> <u>Workout (S)</u> Anne			30 Min Iron Express Cori					
20:00	20:15 Zumba Arlette	Bodyshape Anne		Iron System Johanna		Indoor Cycling Sandra	<u>HIW: 30 Min</u> <u>Iron Express</u> +Step Johanna	Indoor Cycling Cori					