



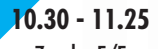
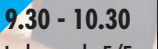

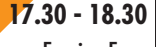


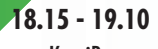
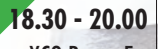
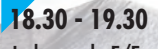

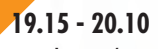
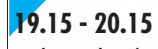

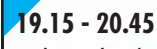




Gruppenfitnessplan

Winterplan gültig ab 1. November 2018

Zeit	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	Sonntag
	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	1/2	1/2
9 Uhr					 9.30 - 10.30 Bauch-Beine-Po E/F Alex		 9.00 - 9.55 RückenFit Melli				 9.45-10.40 X-trem Fit Silke	
		 9.30 - 10.30 Indoorcycling E/F Michelle	 10.30 - 11.25 Zumba E/F Marie							 9.30 - 10.30 Indoorcycle E/F Nina		 10.30 - 11.30 Indoorcycle E/F Team
17 Uhr	 17.30 - 18.30 Faszien E Stefan						 17.45-18.40 H.I.I.T F Silke	 17.45 - 18.45 Hatha-Yoga E/F Martina				
			 18.15 - 19.10 KamiBo Michelle		 18.30 - 20.00 XCO Power F Silke	 18.30 - 19.30 Indoorcycle E/F Daniela						
19 Uhr	 19.00 - 19.55 Step F Tina		 19.15 - 20.10 Pilates E/F Gela	 19.15 - 20.15 Indoorcycle E/F Nina				 19.00 - 20.00 Indoorcycle E/F Michelle	 19.15 - 20.45 Indoorcycle E/F Walter			
20 Uhr												

E = Einsteiger
F = Fortgeschrittene

 Kraft-/ Muskel-/ Figurtraining

 Herz-/ Kreislauftraining

 Körperspannungs-/ Beweglichkeitstraining