



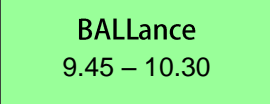



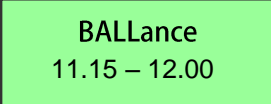





















Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Kurse vormittags	Samstag
 -BBP 10.30-11.15 <small>powered by transatlanticfitness.com</small>	 10.30 - 11.30  - STRETCH 11.30 - 12.00 <small>powered by transatlanticfitness.com</small>	Hatha Yoga Flow 10.30 - 11.30 	 9.45 – 10.30  Pilates 10.30 – 11.30 	 - Pilates 9.45-10.30 <small>powered by transatlanticfitness.com</small>  Bodystyling 10.30 – 11.15    11.15 – 12.00		

 Rücken  Ausdauer/  
Stoffwechsel  Kräftigung

					Kurse abends	Sonntag
WSG 17.45 - 18.40 	Pilates 17.30 - 18.30	 18.00 - 19.00   -Bauchkiller 19.00-19.45 <small>powered by transatlanticfitness.com</small>	Step+Style 17.45 – 18.30   18.30 - 19.30 	ZUMBA Special 17.15 - 18.15  Yoga Special 18.15 – 19.30 		
 18.40 - 19.40	Step 18.30 – 19.30	 19.45 – 20.30 	Pilates 19.30 - 20.15  Bauch+Rücken 20.15 – 21.00 	 19.30 – 20.30 		
Pilates 19.45 – 20.30	ZUMBA 19.30 - 20.25 					
Fit Yoga Basic 20.30 – 21.30 	 20.25 - 21.25					
Indoor Cycling 19.15 - 20.15 						
					<b>Unsere Öffnungszeiten</b> Mo-Fr 07.30 - 22.30 Uhr Sa 09.00 - 19.00 Uhr So 10.30 - 18.00 Uhr	