

Kursplan Sommer 2007

gültig ab 1.4.2007

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
	9.00-10.30 WSG / BBP (Petra)		9.00-10.00 WSG / Bauch (Robert)		9.15-10.15 Pilates / Beckenboden (Alona)		9.00-9.45 BBP (Petra)		10.00-11.00 Flexi-Bar (Sabine)				10.30-12.00 Flexi-Bar + Stretching (Sabine)
		10.00-11.00 Cycling (Robert)			10.15-11.15 WSG / BBP (Alona)		9.45-10.30 WSG (Petra)	11.00-12.00 Cycling (Sabine)					
	18.00-18.45 WSG (Heike)		18.00-18.30 BMW (Sebastian)	18.30-19.15 WSG (Heike)	18.15-19.00 Dance-aerobic (Daniela)	18.30-19.30 Cycling (Susanne)	18.30-20.00 Bodyfit (Petra)		17.00-18.00 WSG (Robert)		16.00-17.00 Fettkiller (Daniela / Anne)		16.00-17.30 Body Balance (Petra)
18.45-19.30 Anti Cellulite (Heike)	18.45-19.45 Body-styling (Karla)		18.30-19.30 Fettkiller / Thairobic (Sebastian)		19.00-20.00 Bikini-Fit (Daniela)	19.30-20.30 Cycling (Susanne)	20.00-21.30 Muscle Madness (Petra)	18.30-19.30 Cycling (Robert)	18.00-19.00 Bauchtanz (Fatima)		17.00-17.30 BMW (Daniela / Anne)		17.30-19.00 Muscle Madness (Petra)
19.30-20.15 Step (Heike)	19.45-20.45 Pilates (Karla)	19.30-20.30 Cycling (Susanne)	19.30-20.30 Yoga (Jeny)		20.00-20.45 BMW (Daniela)				19.00-20.00 Workout + Step (Detlef)				

Montag - Freitag 07:00 - 22:00 Uhr
 Donnerstag 07:00 - 22:30 Uhr
 Samstag / Sonntag 10:00 - 21:00 Uhr

Montag - Donnerstag 09:00 - 12:30 Uhr
 17:00 - 19:30 Uhr
 Freitag 09:00 - 12:30 Uhr
 17:00 - 20:00 Uhr
 Samstag 15:00 - 18:00 Uhr
 Sonntag 10:00 - 13:00 Uhr

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