

Halle 4, Winterhalbjahr (01.10.2011-31.03.2012)

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00		Neuro-Sport		Neuro-Sport			
10:30	WS-Fitness	10.00-11.00	Bauch-Beine-Po	10.00-11.00	Fitness-Mix	Power-Dump	
11:00	10.15-11.30	Neuro-Sport	10.15-11.30	Neuro-Sport	10.30-11.30	10.30-11.30	
11:30		11.15-12.15		11.15-12.15			
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30	Kinder-Tanz (4-8)		Kinder-Tanz (4-8)				
17:00	16.45-17.45		16.45-17.45	Workout & Bauch Int.			
17:30				17.00-18.00			
18:00	Body-Form	Qi Gong	Beckenboden-Gymn.	Langhantel & Cardio	Body-Form		
18:30	18.00-19.00	18.00-19.00	18.00-19.00	18.00-19.00	18.00-19.00		
19:00	Power-Fun	Fat-Burn	Rückenschule	Pilates	Dance-Aerobic		
19:30	19.10-20.10	19.10-20.10	19.10-20.10	19.10-20.10	19.10-20.10		
20:00	Pilates	Bauch & Rücken	Entspannung / Jacobsen	Tai Chi (Peking)	WS - Qi Gong		
20:30	20.20-21.20	20.20-21.20	20.20-21.20	20.20-21.20	20.20-21.20		
21:00							
21:30							
22:00							