

# Sommerferien 2010

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
<p>10.00-11.00 Figurtraining (E-F)</p> <p>11.00-12.00 Wirbelsäule (E-F)</p> <p>18.00-19.00 Bodyforming (E-F)</p> <p>18.30-19.30 Wirbelsäule (E-F)</p> <p>18.30-19.30 Intervall Cycl. (E-F)</p> <p>19.00-20.00 Fatburner (E)</p> <p>19.30-20.30 Pilates (E-F)</p> <p>19.30-20.30 Easy Step (E)</p> <p>20.00-20.30 Bauch Special (E-F)</p> <p>20.30-21.30 Bodyforming(E-F)</p>	<p>09.00-10.00 Pilates (E-F)</p> <p>09.00-10.00 Fitness (E-F) Fitness</p> <p>10.00-11.00 Rücken Fit (E-F)</p> <p>18.00-19.00 Figurtraining (E-F)</p> <p>19.00-20.00 Step Fun (E-M) <i>29.,30.&amp;34.KW</i></p> <p>19.00-20.00 Balance Act (E-F)</p> <p>19.00-20.00 Intervall Cycl. (E-F)</p> <p>20.00-21.00 Wirbelsäule (E-F)</p> <p>21.00-22.00 Bodyforming (E-F)</p>	<p>09.00-10.00 Fatburner/Bauch (E-F)</p> <p>10.00-11.00 B O P (E-F)</p> <p>18.00 -19.00 Lift It! (E-F)</p> <p>18.30-19.30 Body Toning (E-F)</p> <p>18.30-19.30 Intervall Cycl. (M-F)</p> <p>19.00-20.00 Step (E-M)</p> <p>19.30-20.30 Latino Dance (E-M)</p> <p>20.00-21.30 Yoga (E-F)</p>	<p>09.00-10.00 Wirbelsäule (E-F)</p> <p>09.00-10.00 Pilates (E-F)</p> <p>10.00-11.00 Cardio Fit &amp; Bauch (E-F)</p> <p>18.00-19.00 Fatburner (E)</p> <p>18.30-19.30 Intervall Cycl. (E-F)</p> <p>19.00 -20.00 Bodyforming (E-F)</p> <p>20.00-21.00 Wirbelsäule (E-F)</p>	<p>10.00-11.00 Body Toning (E-F)</p> <p>10.00-11.30 Yoga (E-F)</p> <p>11.00-12.00 Wirbelsäule (E-F)</p> <p>16.30-17.00 Bauch Special (E-F)</p> <p>17.00-18.00 Step &amp; BOP (E-F)</p> <p>18.00-19.00 Fitness (E-F)</p> <p>18.00-19.30 Power Cycling (F)</p> <p>Zusatzprogramm dienstags Orientalischer Tanz 18.00-19.00 (E) 19.00-20.00 (F) Marie-Lou</p> <p>dienstags Step Tanz (F) 19.00-20.00 Karin</p>	<p>13.30-14.30 Bodyforming (E-F)</p> <p>14.30-15.30 Cardio Fit (E-F) <i>neu</i></p> <p>10.30-11.30 Step Fun (E-M)</p> <p>11.30-12.30 Bodyforming (E-F)</p>
					<p><b>Sonntag</b></p>
					<p><b>Hallen</b></p>
					<p>Raum 1      Raum 2</p> <p>Raum 3      IC Raum</p> <p>* Kinderbetreuung</p> <p>E = Einsteiger M = Mittel F = Fortgeschrittene</p> <p>Stand 29.-34. KW 2010</p>