
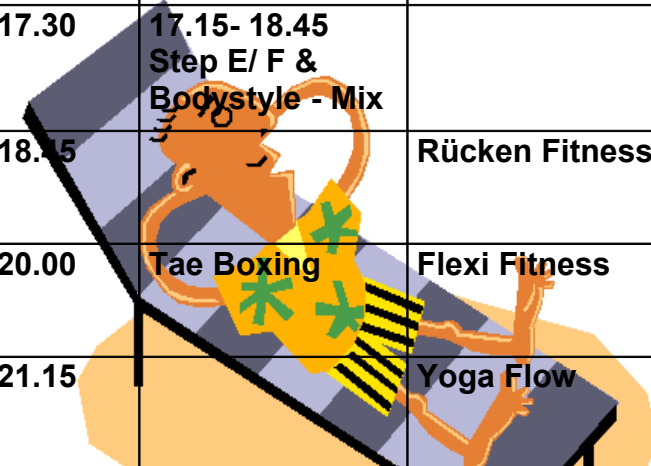


Ferienangebot Gymnastikraum 15. – 31. Juli 2010

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.00 – 10.00		Fatburner		8.30- 10.00 Nordic Walking	9.00-10.30 Step E/ F & Bodystyle- Mix	9.00- 10.30 Nordic Walking	
10.15 – 11.15	Bodystyle						10.00- 11.30 Step P Rücken/ Bauch
11.30 – 12.30	Rücken Fitness						
12.45 – 13.45							
14.00 – 15.00							
15.15 – 16.15		15.00- 16.30 Nordic Walking					
16.30 – 17.30	17.15- 18.45 Step E/ F & Bodystyle - Mix				Step P		
17.45 – 18.45		Rücken Fitness		Fatburner Intervall	Rücken Fitness		
19.00 – 20.00		Tae Boxing	Flexi Fitness	Fatburner	Piloga Mix aus Yoga & Pilates		
20.15 – 21.15			Yoga Flow	Bodystyle			