
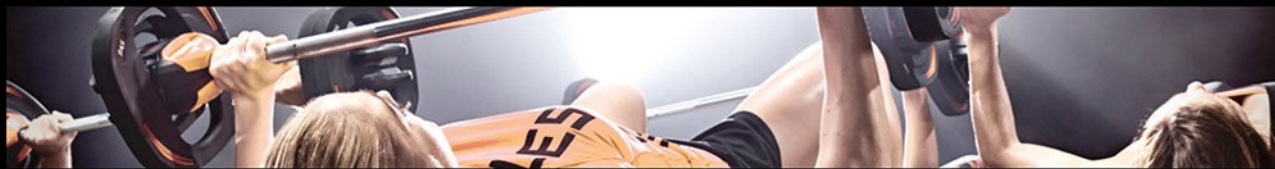


MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
Manhattan	Miami	Manhattan	Miami	Manhattan	Miami	Manhattan	Miami	Manhattan	Miami	Manhattan	Miami	Manhattan	Miami
9.00 - 9.55 Rücken		9.00 - 9.55 BBP		9.00 - 9.55 Pilates/Faszit Training		9.00 - 9.55 Aerobic		9.00 - 9.55 Rücken					
10.00 - 10.55 Body Pump		10.00 - 10.55 Pilates	NEU 10.15 - 10.45 Queenax funktionell	10.00 - 10.45 Bauchkiller	10.15 - 11.10 Yoga	10.00 - 10.55 Muskel Power		10.00 - 10.55 Bodystyling		10.30 - 11.25 ZUMBA®		10.30 - 11.25 im Wechsel Body Pump Body Styling siehe Aushang	
											11.30 - 12.00 Queenax Bauchkiller		



Cyber-Cycling-Kurse in der iPhone Box Mo-Fr 8.30 - 21.30 Sa 9.30 - 17.30 So / Feiert. 9.30 - 17.30 - **siehe Terminal.**



					17.30 - 18.00 Queenax TRX			17.00 - 17.55 Body Pump	
18.00 - 18.55 Body Pump	18.30 - 19.00 Queenax TRX	18.00 - 18.55 Full Power	18.15 - 19.10 Bauchkiller NEU	18.15 - 19.10 Barre Concept	18.15 - 19.00 Queenax Circle Training	18.00 - 18.55 Functioning BBP	18.15 - 19.10 ZUMBA®	18.00 - 18.55 Rücken	NEU 18.00 - 18.55 Yoga Dez. - Ende März
19.10 - 20.00 TAE BO®	19.15 - 19.45 Queenax Circle HIT Training	19.00 - 19.55 ZUMBA®	19.15 - 20.10 Yoga NEU	19.15 - 20.10 Body Pump	19.15 - 19.45 Stretching NEU	19.00 - 19.55 Bootcamp	NEU 19.15 - 19.45 Queenax funktionell		
20.05 - 21.00 ZUMBA®									



Mo 19.15 - 20.10
Indoor-Cycling
iphone Box

Di 18.30 - 19.30
Indoor-Cycling
Radgruppe



Fühl dich NEU!