

Zeit	Montag		Dienstag			Mittwoch		Donnerstag		Freitag	Samstag		Sonntag	
	Raum 1	Raum 4	Raum 1	Raum 2	Raum 4	Raum 1	Raum 4	Raum 1	Raum 4	Raum 1	Raum 1	Raum 4	Raum 1	Raum 4
07:00								Wake-Up Power 07:45 - 08:45 Frauke						
08:00							Qigong E-F 08.45 - 10.15 Ralf Engels							
09:00	Rücken- gymnastik 09:15 - 10:15 E-F Karen Protsch		Hula Hoop ZUMBA 09:00 - 10:00 Glorianna Froschmeier			WOYO 09:00 - 10:00 E-F Lynes Fritsch		ZUMBA 09:00 - 10:00 Glorianna Froschmeier		WOYO 09:00 - 10:00 E-F Lynes Fritsch	Cardio Step 09:30 - 10:30 M-F		Cardio Workout + Stretch 09:30 - 10:45 E-F Nicola Reichel	
10:00	Cardio & Pilates 10:15 - 11:30 E-F Karen Protsch		ZUMBA Einsteiger 10:10 - 11:10 Alina Straub	Stretching 10.10 - 11.00 Glorianna Froschmeier		Bodywork & More 10:00 - 11:00 E-F Lynes Fritsch		Pilates 10:00 - 11:00 E-F Alexandra Pradl		Body Power 10:00 - 11:00 E-F Lynes Fritsch	Bodystyling 10:30 - 11:30 E-F Astrid Widmann		Power Vit 10:45 - 12:00 E-F Nicola Reichel	
11:00														
12:00														
13:00														
14:00														
15:00			Ballett Anfänger 15:45 - 16:35 Nicola Leander							Breakdance 15:30 - 16:30				
16:00	Ballett Kids 16:00 - 16:50 ab 3,5 Jahre Nicola Leander					Ballett Fortg. I 16:00 - 16:50 Nicola Leander		Ballett Fortg. I 16:00 - 16:50 Nicola Leander						
17:00	Street Jazz Kids 17:00 - 17:50 ab 7 Jahre Nicola Leander		Street Jazz Teenz 16:45 - 17:45 Nicola Leander			Ballett Kids 17:00 - 17:50 ab 3,5 Jahre Nicola Leander		Hip Hop 17:00 - 17:50			Speed Ball Fitness 17:00 - 18:00 Mirko Wagner	Rücken-Yoga 17.30 - 19.00 Karin Hauss- mann	Hip Hop Teenies (9-11 Jahre) 17:45 - 18:45 E-F Alina Shalin	Yoga 17.00 - 18.30 Sabine Hlous
18:00	Easy Dance Fitness 18:15 - 19:30 Lena Reich	Hatha Yoga 18.00 - 19.30 E-F Gerda Hausladen	Breakdance Teenz 17:55 - 18:55	Modern Dance für Teens 17.55 - 18.55 Nicola Leander	Vinyasa flow Yoga 18.00 - 19.30 E-F Karin Haussmann	Rücken- gymnastik 18:00 - 19:00 E-F Astrid Widmann		ZUMBA 18:00 - 19:00 Alina Straub / Glorianna Froschmeier	Pilates 18.00 - 19.00 Emel Bischoff	Easy Dance Fitness 18:00 - 19:15 Lena Reich	ZUMBA 18:00 - 19:00 E-F Mirko Wagner			
19:00		Qigong 19.30 - 21.00 Renate Schmid	HOT IRON & Cardio Power 19:00 - 20:30 E-F Alessandro			Intervall- Training 19:00 - 20:00 Astrid Widmann	Anders Yoga / Yoga Variati- onen 19.00 - 20.30 E-F Robert Dietel	DEEPWORK 19:00 - 20:00 Emel Bischoff					Hip Hop & Female Style 19:00 - 20:00 Alina Shalin	
20:00														

**Öffnungszeiten:**

**Health & Fitness Technopark**