



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8.30 - 9.30 Sensitive Cycling +Rehaverein <i>Bernd</i>	9.15 - 10.15 Pilates Einführung + Rehaverein <i>Atti</i>	9.00 - 10.00 Trilochi <i>Petra</i>	10.00 - 11.00 Easy Cycling <i>Bernd</i>	9.00 - 10.00 Vital <i>Manuela</i>	10.00 - 11.30 Fun Road <i>Atti</i>	10.15 - 11.15 Easy Cycling <i>Monika</i>
9.00 - 10.00 Pilates II <i>Petra</i>		10.00 - 11.00 Wellness-Gym <i>Petra</i>			11.30 - 12.30 Pilates Einführung + Rehaverein <i>Atti</i>	11.30 - 12.30 <i>Monika</i>
10.00 - 11.00 Pilates I <i>Petra</i>						

Achtung neue Telefonnummer : Meditrain Kursplan

02133 – 9739757

Gültig ab 01.04.2012 Änderungen vorbehalten

17.30 - 18.15 Body Workout	18.00 - 19.00 Pilates II <i>Petra</i>	17.30 - 18.15 Easy Cycling <i>Renate</i>	18.30 - 19.30 <i>Monika/Marilyn</i> 	16.30 - 17.30 Rückenfit <i>Petra</i>	Öffnungszeiten: Montag 08.00-22.00 Dienstag 08.00-22.00 Mittwoch 08.00-22.00 Donnerstag 08.00-22.00 Freitag 08.00-21.00 Samstag 09.00-17.00 Sonntag 10.00-16.00 Neu: Galileoflat und Foodcoaching Infos an der Fitnessstheke
18.15 - 18.45 Powerbauch		18.00 - 19.00 Pilates I <i>Uli</i>	17.30 - 18.30 Trilochi <i>Petra</i>		
18.45 - 19.30 Step Basic <i>Luise</i>	19.00 - 20.00 Rückenfit <i>Petra</i>	18.30 - 19.30 Fun Road <i>Renate</i>	18.30 - 20.00 Lets Move <i>Atti</i>		
18.30 - 19.30 Cycling <i>Monika</i>		19.15 - 20.45 Yoga <i>Detlef</i>	19.30 - 20.30 Bodyforming <i>Monika/Marilyn</i>		
19.30 - 21.00 Lets Move <i>Atti</i>			19.30 - 21.00 Lets Ride <i>Mick</i>		