



|             | Montag         | Dienstag             | Mittwoch       | Donnerstag                | Freitag         | Samstag          | Sonntag         |
|-------------|----------------|----------------------|----------------|---------------------------|-----------------|------------------|-----------------|
| 08:00-09:00 |                |                      |                |                           |                 | Karate Kids      |                 |
| 09:00-10:00 |                |                      |                |                           |                 | Karate Kids      |                 |
| 10:00-11:00 | Bauch-Beine-Po | 09:00 -09:45 Special | Zumba Styria   | Balance yourself          | Zumba           | Karate Kids      | Tai chi/Qi Gong |
| 11:00-12:00 | Rückenfit      | Zumba                | Cardio         | Pilates                   |                 | Cardio&Tone      |                 |
| 12:00-13:00 | 11:00-12:15    |                      |                |                           |                 | Dehnen           |                 |
| 13:00-14:00 |                |                      |                |                           |                 | Balance yourself |                 |
| 14:00-15:00 |                |                      | Kanga Training |                           |                 | Sypoba           |                 |
| 15:00-16:00 |                |                      |                | Kanga Training            |                 |                  |                 |
| 16:00-17:00 |                | 16:00-17:30 Yoga     | Anti Aging     |                           | Cardio          | Iron Workout     |                 |
| 17:00-18:00 | Bodywork       | 17:30-18:45          | Glittercheers  | Bodywork                  | Zumba           | Step Basic       |                 |
| 18:00-19:00 | Step Basic     | Rückenfit            | Glittercheers  | Cardio                    | Tai chi/Qi Gong |                  |                 |
| 19:00-20:00 | Zumba          | 19:00 -20:30 BBP-XL  | Cardio         | 18.50 -19:30 Iron Workout |                 |                  |                 |
| 20:00-21:00 | Sypoba         |                      | Sypoba         | 19:30-21:30 Yoga          |                 |                  |                 |
| 21:00-22:00 |                |                      |                |                           |                 |                  |                 |