

Kursplan Schwabing

gültig ab 07.09.2009

E = Einsteiger, M = Mittelstufe, F = Fortgeschritten



Montag geöffnet von 9:00 bis 22:30	Dienstag geöffnet von 8:00 bis 22:30	Mittwoch geöffnet von 9:00 bis 22:30	Donnerstag geöffnet von 9:00 bis 22:30	Freitag geöffnet von 9:00 bis 22:00	Samstag geöffnet von 12:00 bis 20:00	Sonntag geöffnet von 10:00 bis 20:00
10:00 - 11:00 All in One (EMF)	10:15 - 10:45 Beine Po Express (EMF)	10:00 - 11:00 All in One (EMF)	10:00 - 10:45 Bodystyling (EMF)	09:30 - 10:15 BauchBeinePo (EMF)		11:00 - 12:00 Hot Iron 2 (EMF)
11:00 - 12:00 Pilates (EMF)	10:45 - 11:45 Pilates (EMF)	11:00 - 11:30 Rücken Express (EMF)	10:45 - 11:30 Fatburner (EMF)	10:15 - 11:00 Wirbelsäule (EMF)	14:30 - 15:15 Step Party (EMF)	12:00 - 12:15 Stretching (EMF)
17:15 - 18:00 Bodystyling (EMF)	17:15 - 17:45 Bauch Express (EMF)	17:30 - 18:15 Business Balance (EMF)	17:30 - 18:00 Beine Po Express (EMF)		15:15 - 16:00 Bodystyling (EMF)	12:30 - 14:00 Hatha Yoga
18:00 - 18:45 Pilates (EMF)	17:45 - 18:45 Step Intervall (EMF)	18:15 - 18:45 Business Step (EMF)	18:00 - 18:30 Bauch Express (EMF)	17:30 - 18:00 Bauch Express (EMF)	16:00 - 17:00 BodyArt (EMF)	(EMF)
18:45 - 19:15 Beine Po Express (EMF)	18:45 - 19:40 Hot Iron 1 (EMF)	18:45 - 19:15 Flexibar (EMF)	18:30 - 19:15 Fatburner (EMF)	18:00 - 18:30 Bodystyling Expr. (EMF)	17:00 - 18:15 Step Profi	
19:15 - 20:10 Step Middle (MF)	19:45 - 20:40 T-Bo (EMF)	19:15 - 19:45 Bodystyling Expr. (EMF)	19:15 - 20:10 Hot Iron 1 (EMF)	18:30 - 19:30 Step Middle (MF)	(F)	17:30 - 18:25 Step Intervall (EMF)
20:15 - 21:30 Yoga (EMF)	20:45 - 21:15 Bauch Express (EMF)	19:45 - 20:15 Bauch & Po (EMF)	20:15 - 21:15 Pilates (EMF)			18:30 - 19:15 Bodystyling (EMF)
19:30 - 20:00 Cycling Express (EMF)	20:00 - 20:30 Cycling Express (EMF)	20:15 - 21:30 Yoga (EMF)				
20:00 - 20:30 Cycling Express (EMF)	20:30 - 21:00 Cycling Express (EMF)					

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