

**FitnessVerbund
Feiertagsplan**

Giesing
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Ottobrunn
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Diva Hbf
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Sendling
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22.04.2011

12:00-20:00

10:00-21:00

9:00-21:00

9:30-19:30

7:00-22:00

9:00-20:00

Karfreitag



15:00h Pilates
16:15h Cycle
17:30h Hot Iron 2

10:30h BBRP
11:30h Zumba

23.04.
16:00h Hot Iron
17:00h Spinning

14:00h Jazz Funk
15:00h Yogilates
16:00h Gymnasion

12:00h Tae Bo Technik
12:45h Turbo Tae Bo
13:30h Bodystyl'n
14:30h Bauch&Stretch
(30 Min.)

10:00h Cycle Special
11:30h Hot Iron
17:00h BBP
17:30h Step II
23.04.
10:00h Latin Step
11:00h Latin Dance
17:00h Aerobic Express

10:00h XCO
(60 Minuten)
11:15h Aquatrainin
(60 Minuten)

24.04.2011

12:00-20:00

10:00-21:00

9:00-21:00

9:30-19:30

8:00-21:00

9:00-21:00

Ostersonntag



16:00h Bodystyle
17:10h Cycle

10:30h Bodystyling
11:30h Step III

10:30h Afro Latin Dance
11:30h Brasil Workout

12:00h Step1 & Style
(45 Minuten)
12:45h Pilates
13:45h Hot iron 1

23.04.
17:30h Flexi-Rücken
24.04.
10:00h Pilates
11:00h Kundalini Yoga
17:00h Bodystyling
18:00h Step Moves

10:00h Step & Style
(60 Min)
11:00h WS & Stretch
(60 Min)

25.04.2011

12:00-20:00

10:00-21:00

9:00-21:00

9:30-19:30

7:00-23:00

9:00-20:00

Ostermontag



16:00h BBRP
17:00h Step I-II

16:00h Step & Style
17:00h WBS & Stretch
(75 Minuten)

12:00h Zumba
13:00h Hot Iron I

12:00h ZUMBA
13:00h Bodystyling
14:00h Tae Bo

10:00h Osterburner
mit shape
11:00h Hot Iron
17:00h BBP
17:30h Step II

10:30h HathaYogaIyengar
(90 Minuten)
17:30h Tai Ji Quan
(90 Minuten)

01.05.2011

12:00-20:00

10:00-21:00

9:00-21:00

9:30-19:30

8:00-21:00

9:00-21:00

Maifeiertag



16:00h Hot Iron
17:00h EU Tae Bo

10:30h BBP & Stretch
11:30h Zumba

10:30h Fatburner
11:30h Yopi

15:00h Step
16:00h Bodystyling

12:00h Bodystyling
13:00h TBC
mit dem Step(1)
14:00h Pilates

10:00h Pilates
11:00h Power Yoga
17:00h Bodystyling
18:00 Step Moves

10:30h Special Workout
(60 Min)
11:30h Spinning
(60 Min)