

GÜLTIG AB 19.09.2011

# medi-GYM


FITNESS & HEALTHCLUB

## KUR\$PLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	08:30 - 09:30 FATBURNER WALKING*					
09:00 - 09:45 AQUA-FIT*	09:00 - 09:45 AQUA-FIT*	09:00 - 09:45 AQUA-FIT*	09:00 - 09:45 AQUA-FIT*	09:00 - 09:45 AQUA-FIT*	09:00 - 09:45 AQUA-FIT*	09:00 - 09:45 AQUA-FIT*
10:00 - 11:00 PILATES	10:00 - 11:00 BODYSTYLING	10:00 - 11:00 RÜCKEN-FIT	10:00 - 11:00 FATBURNER (MIT KLEINGERÄTEN)	10:00 - 11:00 PILATES	10:00 - 11:00 YOGA BASIC	09:30 - 10:30 CYCLING*
11:00 - 12:00 EASY DANCE	11:00 - 12:00 RÜCKEN-FIT	11:00 - 12:00 BALANCE WORKOUT	11:00 - 12:00 RÜCKEN-FIT	11:00 - 12:00 ZUMBA GOLD	11:00 - 12:00 BODYSTYLING	10:30 - 11:30 BODY POWER
						11:30 - 12:30 BAUCH WORKOUT
		18:00 - 19:00 B M W (BAUCH MUSS WEG)	17:00 - 17:45 STEP AEROBIC	17:15 - 18:30 YOGA	14:00 - 15:00 RÜCKEN-FIT	12:30 - 13:30 ZUMBA
17:30 - 18:30 BODYSTYLING	18:00 - 19:00 PILATES	19:00 - 20:00 PILATES	17:45 - 18:30 BODYSTYLING	18:30 - 19:30 ZUMBA	15:00 - 16:00 CYCLING	13:30 - 14:30 ZUMBA FITNESS
18:30 - 19:30 W S G (WIRBELSÄULENGYMNASTIK)	19:00 - 20:00 RÜCKEN & BAUCH	20:00 - 21:00 TAE BO	18:30 - 19:30 BODY POWER	19:30 - 20:30 TAE BO		
19:30 - 20:30 ZUMBA	20:00 - 21:30 YOGA	19:30 - 20:30 FATBURNER WALKING*	19:30 - 20:30 CYCLING*			
20:30 - 21:00 ZUMBA TONING			20:30 - 21:30 CYCLING*			

\* = VORAB BITTE ANMELDEN /  
AQUA-FIT KURSE IN BADEBEKLEIDUNG

TEL. 02161 - 475 0255  
TEL. (ASIA-THERME) 02161 - 676 08  
MAIL: INFO@ASIA-THERME.DE

 = OUTDOORKURS  
(BIS 31.10.2011)

ÖFFNUNGSZEITEN:  
MO-SA.: 09:00 - 22:00 UHR  
SO: 09:00 - 19:00 UHR