

| BODY FIT                               |                                   |                                       |                                    |                                    |                                    |
|----------------------------------------|-----------------------------------|---------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| Montag                                 | Dienstag                          | Mittwoch                              | Donnerstag                         | Freitag                            | Samstag                            |
| 09.00 - 09.50 Uhr<br>Rücken Fit 60+    | 09.10 - 10.00 Uhr<br>Rücken Fit   | 08.00 - 08.50 Uhr<br>Kinesis Training | 09.10 - 10.00 Uhr<br>Hula Hoop     | 09.00 - 09.50 Uhr<br>Dance Aerobic | 09.15 - 10.05 Uhr<br>Zumba Fitness |
| 10.10 - 11.00 Uhr<br>Body Compact      | 09.15 - 10.05 Uhr<br>Aerobic *E   | 09.00 - 09.50 Uhr<br>Fit Mix 60+      | 10.10 - 11.00 Uhr<br>Body Compact  | 09.00 - 09.50 Uhr<br>Step & BOP *E | 10.15 - 11.05 Uhr<br>Rücken Fit    |
| 18.10 - 19.00 Uhr<br>Body Compact      | 18.50 - 19.40 Uhr<br>Body Compact | 09.10 - 10.00 Uhr<br>Balance Fit      | 17.15 - 18.05 Uhr<br>Zumba Gold *E | 10.00 - 10.50 Uhr<br>Rückenfit     |                                    |
| 19.05 - 19.55 Uhr<br>Step & BOP *E     |                                   | 17.10 - 18.00 Uhr<br>Step Aerobic     | 18.15 - 19.05 Uhr<br>Rücken Fit    | 18.15 - 19.05 Uhr<br>Body Compact  | Sonntag                            |
| 19.15 - 20.05 Uhr<br>Zumba Gold        |                                   | 18.10 - 19.00 Uhr<br>Body Compact     | 18.15 - 19.05 Uhr<br>Zumba Fitness |                                    |                                    |
| 19.15 - 20.05 Uhr<br>Hula-Hoop Fitness |                                   | 19.15 - 20.05 Uhr<br>Zumba Fitness    |                                    |                                    |                                    |
| 20.15 - 21.05 Uhr<br>Rücken Fit        |                                   |                                       |                                    |                                    |                                    |
| 20.15 - 21.05 Uhr<br>Zumba Fitness     |                                   |                                       |                                    |                                    |                                    |

| BODY YOGA & PILATES             |                                       |                                   |                                                  |                                      |                                   |
|---------------------------------|---------------------------------------|-----------------------------------|--------------------------------------------------|--------------------------------------|-----------------------------------|
| Montag                          | Dienstag                              | Mittwoch                          | Donnerstag                                       | Freitag                              | Samstag                           |
| 09.10 - 10.00 Uhr<br>Pilates *E | 18.00 - 19.30 Uhr<br>Yoga f.d. Rücken | 14.30 - 16.00 Uhr<br>Hatha Yoga   | 09.15 - 10.05 Uhr<br>Pilates                     | 08.40 - 10.05 Uhr<br>Yoga f.d.Rücken | 09.10 - 10.00 Uhr<br>Yoga Special |
| 18.15 - 19.30 Uhr<br>Hatha Yoga |                                       | NEU 17.30 - 18.45 Uhr<br>Yin Yoga | 10.15 - 11.05 Uhr<br>Yoga Special                | 15.30 - 17.00 Uhr<br>Yin Yoga        |                                   |
|                                 |                                       |                                   | 18.15 - 19.05 Uhr<br>Pilates Balance & Stability |                                      |                                   |
|                                 |                                       |                                   | 19.15 - 20.05 Uhr<br>Pilates *E                  |                                      |                                   |

| BODY MED                                |                                              |                                              |                                              |         |         |
|-----------------------------------------|----------------------------------------------|----------------------------------------------|----------------------------------------------|---------|---------|
| Montag                                  | Dienstag                                     | Mittwoch                                     | Donnerstag                                   | Freitag | Samstag |
| 18.20 - 19.10 Uhr<br>Taiji Qi Gong      | 09.15 - 10.05 Uhr<br>Gesund Fit              | 10.00 - 10.50 Uhr<br>Gesund Fit              | 19.15 - 19.50 Uhr<br>Stretch & Mobility X-Pr |         |         |
| 19.20 - 20.10 Uhr<br>Stretch & Mobility | 10.10 - 10.45 Uhr<br>Stretch & Mobility X-Pr | 19.05 - 19.40 Uhr<br>Stretch & Mobility X-Pr |                                              |         |         |

| BODY POWER                              |                                             |                                                   |                                     |                                              |                                         |
|-----------------------------------------|---------------------------------------------|---------------------------------------------------|-------------------------------------|----------------------------------------------|-----------------------------------------|
| Montag                                  | Dienstag                                    | Mittwoch                                          | Donnerstag                          | Freitag                                      | Samstag                                 |
| 16.10 - 17.00 Uhr<br>Iron Fit           | 17.15 - 18.00 Uhr<br>Jumping Fitness        | 08.20 - 08.55 Uhr<br>Sling Training f.d.Rücken *E | 18.15 - 19.05 Uhr<br>Indoor Cycling | 09.00 - 09.50 Uhr<br>Indoor Cycling          | 11.15 - 12.05 Uhr<br>Jumping Fitness    |
| 17.00 - 17.50 Uhr<br>Intervall Training | 18.05 - 18.50 Uhr<br>Sling Training         | 18.00 - 18.50 Uhr<br>Indoor Cycling               | 18.15 - 19.05 Uhr<br>Cross Training | 17.00 - 17.50 Uhr<br>The Functional Box      |                                         |
| 17.15 - 18.05 Uhr<br>Cross Training *E  | 18.15 - 19.05 Uhr<br>Cross Training         | 18.15 - 19.05 Uhr<br>Jumping Fitness              | 19.15 - 20.05 Uhr<br>Strong Nation  | 17.00 - 17.50 Uhr<br>Indoor Cycling          | Sonntag                                 |
| 18.00 - 18.50 Uhr<br>Indoor Cycling     | 18.15 - 19.05 Uhr<br>Indoor Cycling         | 19.10 - 20.00Uhr<br>The Functional Box            |                                     | 18.00 - 18.35 Uhr<br>Intervall Training X-Pr | 10.00 - 10.50 Uhr<br>Intervall Training |
| 18.15 - 19.05 Uhr<br>Iron Fit           | 19.15 - 19.50 Uhr<br>Indoor Cycling X-Pr *E | 19.45 - 20.35 Uhr<br>Bungee Fitness               |                                     | 18.15 - 19.05 Uhr<br>Cross Training Outdoor  | 11.00 - 11.50 Uhr<br>Indoor Cycling     |
| 19.00 - 19.50 Uhr<br>The Functional Box |                                             |                                                   |                                     |                                              | 12.05 - 12.55 Uhr<br>Jumping Fitness    |

| BODY FIT                            |                                    |                                    |                                       |                                    |                                      |
|-------------------------------------|------------------------------------|------------------------------------|---------------------------------------|------------------------------------|--------------------------------------|
| Montag                              | Dienstag                           | Mittwoch                           | Donnerstag                            | Freitag                            | Samstag                              |
| 09.15 - 10.05 Uhr<br>Body Compact   | 10.20 - 11.10 Uhr<br>Fix Mix 60 +  | 10.20 - 11.10 Uhr<br>Step Aerobic  | 10.20 - 11.10 Uhr<br>Balance Fit      | 09.15 - 10.05 Uhr<br>Body Compact  | 10.00 - 10.30 Uhr<br>X-Press Workout |
| 17.30 - 18.20 Uhr<br>Rücken Fit 50+ | 10.20 - 11.10 Uhr<br>Rücken Fit    | 15.00 - 15.50 Uhr<br>Rücken Fit    | 10.20 - 11.10 Uhr<br>Dance Fitness *E | 16.15 - 17.05 Uhr<br>Zumba Fitness |                                      |
| 18.10 - 19.00 Uhr<br>Body Compact   | 17.10 - 18.00 Uhr<br>Zumba Gold *E | 17.15 - 18.05 Uhr<br>Zumba Fitness | 17.15 - 18.05 Uhr<br>Jump & BOP       |                                    |                                      |
| 19.15 - 20.05 Uhr<br>Body Compact   | 18.15 - 19.05 Uhr<br>Body Compact  | 18.15 - 19.05 Uhr<br>Body Compact  | 19.15 - 20.05 Uhr<br>Body Compact     |                                    |                                      |
| 20.00 - 20.50 Uhr<br>Zumba Fitness  | 19.10 - 20.00 Uhr<br>Zumba Fitness | 19.15 - 20.05 Uhr<br>Rücken Fit    |                                       |                                    | Sonntag                              |
|                                     | 19.15 - 20.05 Uhr<br>Body Compact  | 20.15 - 21.05 Uhr<br>Step & BOP    |                                       |                                    | 10.15 - 11.05 Uhr<br>Dance Fitness   |
|                                     | 19.15 - 20.05 Uhr<br>Rücken Fit    |                                    |                                       |                                    | 11.15 - 12.05 Uhr<br>Body Compact    |
|                                     | 20.10 - 21.00 Uhr<br>Body Compact  |                                    |                                       |                                    |                                      |

| BODY YOGA & PILATES           |                                         |                              |                                       |                                         |                              |
|-------------------------------|-----------------------------------------|------------------------------|---------------------------------------|-----------------------------------------|------------------------------|
| Montag                        | Dienstag                                | Mittwoch                     | Donnerstag                            | Freitag                                 | Samstag                      |
| 10.25 - 11.15 Uhr<br>Yin Yoga | 09.15 - 10.05 Uhr<br>Yoga mit dem Stuhl | 09.15 - 10.05 Uhr<br>Pilates | 09.15 - 10.05 Uhr<br>Yoga f.d. Rücken | 10.25 - 11.15 Uhr<br>Pilates            | 09.00 - 09.50 Uhr<br>Pilates |
|                               | 09.15 - 10.05 Uhr<br>Pilates            | 18.15 - 19.05 Uhr<br>Pilates | 15.25 - 16.15 Uhr<br>Hatha Yoga       | 15.15 - 16.05 Uhr<br>Yoga Special 14tg. |                              |
|                               | 15.10 - 16.00 Uhr<br>Yin Yoga           |                              | 19.10 - 20.30 Uhr<br>Vinyasa Yoga     | 17.15 - 18.05 Uhr<br>Vinyasa Yoga 14tg. |                              |
|                               | 17.15 - 18.05 Uhr<br>Vinyasa Yoga       |                              |                                       |                                         |                              |
|                               | 18.15 - 19.05 Uhr<br>Yin Yoga           |                              |                                       |                                         |                              |

| BODY MED                                      |          |                               |                                         |                                         |         |
|-----------------------------------------------|----------|-------------------------------|-----------------------------------------|-----------------------------------------|---------|
| Montag                                        | Dienstag | Mittwoch                      | Donnerstag                              | Freitag                                 | Samstag |
| 09.25 - 10.15 Uhr<br>Taiji Qi Gong            |          | 10.20-11.10 Uhr<br>Gesund Fit | 09.15 - 10.05 Uhr<br>Gesund Fit         | 09.15 - 10.05 Uhr<br>Stretch & Mobility |         |
| 15.10 - 16.00 Uhr<br>Stretch&Mobility Faszien |          |                               | 10.20 - 11.10 Uhr<br>Sensitive Cycling  |                                         |         |
|                                               |          |                               | 18.15 - 19.05 Uhr<br>Stretch & Mobility |                                         |         |

| BODY POWER                                   |                                     |                                          |                                          |                                               |                                          |
|----------------------------------------------|-------------------------------------|------------------------------------------|------------------------------------------|-----------------------------------------------|------------------------------------------|
| Montag                                       | Dienstag                            | Mittwoch                                 | Donnerstag                               | Freitag                                       | Samstag                                  |
| 16.20 - 17.10 Uhr<br>Indoor Cycling          | 16.10 - 17.00 Uhr<br>Indoor Cycling | 09.15 - 10.05 Uhr<br>Sling Training X-Pr | 16.30 - 17.05 Uhr<br>Sling Training X-Pr | 15.15 - 16.05 Uhr<br>Intervall Training 14tg. | 10.30 - 11.05 Uhr<br>Sling Training X-Pr |
| 18.15 - 19.05 Uhr<br>Jumping Fitness         | 18.10 - 19.00 Uhr<br>Strong Nation  | 16.30 - 17.05 Uhr<br>Sling Training X-Pr | 17.15 - 18.05 Uhr<br>Indoor Cycling      | 16.15 - 17.05 Uhr<br>Iron Fit 14tg.           | 11.15 - 12.05 Uhr<br>Indoor Cycling      |
| 18.15 - 19.05 Uhr<br>Indoor Cycling          | 18.15 - 19.05 Uhr<br>Indoor Cycling | 17.15 - 18.05 Uhr<br>Indoor Cycling      | 18.15 - 19.05 Uhr<br>Indoor Cycling      | 16.15 - 17.05 Uhr<br>Indoor Cycling           | 15.00 - 15.50 Uhr<br>Strong Nation       |
| 18.30 - 19.05 Uhr<br>Sling Training X-Pr     | 19.15 - 20.05 Uhr<br>Indoor Cycling | 18.15 - 19.05Uhr<br>Intervall Training   | 18.15 - 19.05 Uhr<br>Iron Fit            | 17.10 - 18.00 Uhr<br>Iron Fit 14tg.           | Sonntag                                  |
| 19.15 - 19.50 Uhr<br>Intervall Training X-Pr | 20.15 - 21.05 Uhr<br>Sling Training | 19.15 - 20.05 Uhr<br>Indoor Cycling      | 18.15 - 19.05 Uhr<br>Cross Training *E   | 17.15 - 18.05 Uhr<br>Fighting Fitness 14tg    | 10.15 - 11.05 Uhr<br>Dance Fitness       |
| 19.15 - 19.50 Uhr<br>Sling Training X-Pr     |                                     | 19.15 - 20.05 Uhr<br>Iron Fit            | 19.15 - 20.05 Uhr<br>Indoor Cycling      | 17.15 - 17.50 Uhr<br>Sling Training X-Pr      | 11.15 - 12.05 Uhr<br>Indoor Cycling      |
| 19.15 - 20.05 Uhr<br>Indoor Cycling          |                                     | 20.00 - 20.50 Uhr<br>Indoor Cycling      | 19.15 - 20.05 Uhr<br>Fighting Fitness    | 18.00 - 18.35 Uhr<br>Indoor Cycling X-Pr *F   | 12.15 - 13.05 Uhr<br>Jumping Fitness     |

\*E = Einsteiger    \*F = Fortgeschritten

STUNDENANMELDUNG: Es ist eine Anmeldung zu den Groupfitness Stunden notwendig unter: [www.tvjahn-rheine.de/meo](http://www.tvjahn-rheine.de/meo)