

MO	DI	MI	DO	FR	SA	SO
9.00-10.00 <b>BODYPUMP</b> Roman (E)		9.30-10.30 <b>Pilates</b> Fabienne (E-M)	9.30-10.30 <b>ZUMBA</b> Patrizia	9.00-10.00 <b>BODYPUMP</b> Ice (E-M)	9.00-10.00 <b>BODYPUMP</b> Roman (E)	9.45-10.30 <b>ZUMBA</b> Sergio
10.00-11.00 <b>MOVE IT</b> Roman (M-F)	9.00-10.00 <b>WS+FLEXI-BAR</b> Barbara	10.30-11.00 <b>STRECH</b> Fabienne (E-M)	10.30-11.00 <b>WIRBELSÄULE</b> Renate (E)	10.00-11.00 <b>ZUMBA</b> Carlos	10.00-11.00 <b>TOTAL BODY</b> Roman (E)	10.30-11.00 <b>BRÄZLI BUTT</b> Sergio
11.00-12.00 <b>WIRBELSÄULE</b> Roman (E)	10.00-11.00 <b>ZUMBA</b> Jo	10.00-11.00 <b>BBP/PILATES</b> Felix (E)		10.30-11.30 <b>Salsation</b> Ronald (E-M)	10.00-10.45 <b>WIRBELSÄULE</b> Roman (E)	11.00-12.00 <b>STEP 3</b> Petra (F)
		11.00-11.30 <b>FUNK. TRAINING</b> Felix (E)		12.30-13.30 <b>BODYPUMP</b> Sipo (E-M)		11.00-12.00 <b>TAE BO</b> Sandra (E)
16.30-17.30 <b>Jumping</b> Katrin (E-F)		11.00-12.00 <b>BODYPUMP</b> Werner (E-M)				12.00-13.00 <b>ZUMBA</b> Carlos (E-F)
17.30-18.30 <b>TOTAL BODY</b> Petra (E)	17.00-18.00 <b>BODYPUMP</b> Thomas (E-M)	17.00-18.00 <b>Pilates</b> Dennis		17.15-18.15 <b>BODYPUMP</b> Werner (E-M)	16.45-18.00 <b>Yoga</b> Karin (E-M)	18.00-19.00 <b>Jumping</b> Petra
18.30-19.30 <b>STEP III</b> Petra (F)	18.00-18.45 <b>ZUMBA</b> Sergio (E)	18.00-19.00 <b>TAE BO</b> Pepi (E)	17.30-18.15 <b>WS+FLEXI-BAR</b> Dana (E)	17.00-18.00 <b>Yoga</b> Katrin	17.00-18.00 <b>TOTAL BODY</b> Thomas (E-M)	16.15-17.00 <b>Jumping</b> Isa / Vivian
19.30-20.30 <b>WIRBELSÄULE</b> Petra (E)	18.00-18.45 <b>TAE BO</b> Sandra (E-F)	19.00-20.00 <b>BODYPUMP</b> Pepi (E)	18.15-19.00 <b>ZUMBA</b> Eduardo (E-F)	17.30-18.15 <b>Pilates</b> Sipo (E-M)	17.00-18.30 <b>BODY BALANCE</b> Anja (E-F)	17.15-18.15 <b>BODYPUMP</b> Sabine (E-M)
	18.45-19.05 <b>STRETCHING</b> Sandra (E-F)	20.00-21.00 <b>BOXEN</b> Andi	18.15-18.45 <b>BRÄZLI BUTT</b> Sipo (E-M)	18.15-18.45 <b>BRÄZLI BUTT</b> Sipo (E-M)	18.00-18.45 <b>ZUMBA</b> Sergio (E)	
	18.45-19.45 <b>Pilates</b> Codra (E-M)	18.30-19.00 <b>TRX+Fx</b> Sipo (E)	18.45-19.30 <b>Jumping</b> Dana	18.45-19.30 <b>Jumping</b> Dana	18.00-19.00 <b>ZUMBA</b> Patrizia	
	19.10-19.30 <b>BAUCH</b> Thomas	19.00-19.30 <b>TRX+Fx</b> Sipo (M-F)	19.00-20.15 <b>Pilates</b> Anja	19.00-20.30 <b>Salsation</b> Roland (M-F)	18.15-19.15 <b>H.I.I.T.</b> Franc (E-M)	
	19.45-20.30 <b>Jumping</b> Viv	19.00-20.00 <b>BODYPUMP</b> Ice	20.15-21.15 <b>Jumping</b> Petra (E)	19.30-20.30 <b>Salsation</b> Roland (M-F)	18.45-19.15 <b>BRÄZLI BUTT</b> Sergio	
	20.15-21.30 <b>Yoga</b> Alex (M-F)	19.30-20.30 <b>TAE BO</b> Sipo (E-F)	19.00-20.15 <b>Pilates</b> Anja	20.15-21.30 <b>Yoga</b> Alex (M-F)	19.15-20.15 <b>BODYPUMP</b> Sabine (E-M)	
		20.00-20.45 <b>ZUMBA</b> Eduardo (M-F)	19.00-20.15 <b>Pilates</b> Anja	19.30-20.30 <b>Salsation</b> Roland (M-F)	19.15-20.15 <b>TAE BO</b> Pepi (E-F)	
			20.15-21.15 <b>Jumping</b> Petra (E)	19.30-20.30 <b>ZUMBA</b> Rebecca	19.30-20.30 <b>ZUMBA</b> Rebecca	

TSC 1	TSC 2	TSC 1	TSC 2	TSC 1	TSC 2	TSC 1	TSC 2	TSC 1	TSC 2	TSC 1	TSC 2	TSC 1	TSC 2
12.00-13.00 <b>CYCLING</b> Roman (E-F)		12.00-13.00 <b>CYCLING</b> Werner (E-F)			7.30-8.30 <b>CYCLING</b> Verena (E-M)								
18.15-19.15 <b>CYCLING</b> Jenny (E-F)	18.00-19.00 <b>CYCLING</b> Thomas (E-F)				18.15-19.15 <b>CYCLING</b> Werner (E-F)		19.00-20.15 <b>CYCLING</b> Christoph (E-F)	19.15-20.15 <b>CYCLING</b> Thomas (E-F)		18.00-19.00 <b>CYCLING</b> Sabine (E-F)		18.15-19.15 <b>CYCLING</b> Werner (E-F)	

1.12.18

**TSC 1**  
Unterrichtung Sa/So

**Öffnungszeiten**  
Mo/Mi/Fr 9.00 - 22.00 Uhr  
Di/Do 6.30 - 22.00 Uhr  
9.00 - 20.00 Uhr

**Kinderbetreuungszeiten**  
Mo/Mi 17.15-19.45 Uhr  
Di/Do 9.00-12.15 Uhr  
9.45-13.00 Uhr

**TSC 2**  
München

**Öffnungszeiten**  
Mo/Mi/Fr 7.00 - 22.30 Uhr  
Di/Do 9.00 - 22.30 Uhr  
9.00 - 21.00 Uhr

**Kinderbetreuungszeiten**  
Mo/Mi 8.45-12.00 Uhr  
Di/Do 17.00-20.00 Uhr  
Fr 16.45-20.00 Uhr  
So 9.30-12.45 Uhr

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