



	Mo	Di	Mi	Do	Fr	Sa	INFO:
	08.30 - 9.30 FEEL YOUNG L ★★		8.00 - 9.00 SPINNING L ★★		7.45 - 8.45 SPINNING L ★★		<div style="background-color: #ADD8E6; padding: 2px;">Kraft</div> <div style="background-color: #F08080; padding: 2px;">Ausdauer</div> <div style="background-color: #3CB371; padding: 2px;">Ausdauer & Kraft</div> <div style="background-color: #FFD700; padding: 2px;">Kraft & Mobilisation</div>
		9.30 - 10.30 FASZILATES L ★	9.15 - 10.15 HOT IRON M ★★	9.30 - 10.30 GESUNDER RÜCKEN L ★	9.00 - 10.00 POWER YOGA M ★	9.30 - 10.30 POWER CIRCLE L ★★★	Intensität: ★ ★★ ★★★
	10.30 - 12.00 QI GONG L ★					10.30 - 11.00 CORE TRAINING L ★	Schwierigkeitsgrad: L M S
	18.00 - 19.00 BODY WORKOUT L ★★	18.00 - 19.00 BODY FIT L ★★	18.00 - 19.00 ACTIVE STEP S ★★	18.00 - 19.30 FASZILATES L ★★	18.00 - 19.00 DEEP WORK M ★★		Augasse 34 8020 Graz 0316 / 68 22 62
	19.00 - 20.00 BASIC STEP L ★★	19.00 - 20.00 PUMP ´N IRON M ★★	19.00 - 19.30 CORE TRAINING L ★		19.00 - 20.00 GESUNDER RÜCKEN L ★		info@time4u.at www.time4u.at
							 afc fitness graz  a.f.c.austrianfitness