



	Mo	Di	Mi	Do	Fr	Sa	
	08.30 - 9.30 FEEL YOUNG L ★★		8.00 - 9.00 SPINNING L ★★		8:00 - 9:00 POWER YOGA M ★		Kraft Ausdauer Ausdauer & Kraft Kraft & Mobilisation
		9.30 - 10.30 FASZILATES L ★	9.15 - 10.15 HOT IRON M ★★	9.30 - 10.30 GESUNDER RÜCKEN L ★	9.30 - 10.30 SPINNING L ★★	9.30 - 10.30 POWER ZIRKEL 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 FIT L ★★	18.00 - 19.00 BODY WORKOUT L ★★	18.00 - 19.00 ACTIVE STEP S ★★	18.00 - 19.30 YOGA M ★	18:00 -19:30 FITNESS BOXEN L ★★		Augasse 34 8020 Graz 0316 / 68 22 62
	19.00 - 20.00 HOT IRON M ★★	19.00 - 20.00 BASIC STEP L ★★	19.00 - 20:00 GESUNDER RÜCKEN L ★				info@time4u.at www.time4u.at
							 afc fitness graz  a.f.c.austrianfitness