

	Mo	Di	Mi	Do	Fr	Sa	
	08.30 - 9.30 FEEL YOUNG L ★★				7.00 - 8.00 SPINNING L ★★		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 ★	8.15 - 9.15 POWER YOGA M ★		Intensität: ★ ★ ★ ★ ★ ★
	10.30 - 12.00 QI GONG 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