vita club

IRON SYSTEM

1. Quartal 11. Jan.- 31. März

MONTAG

SÜD	NORD	WEST	MO-SEE
Hot Iron II 9- 10h Marjan Jo.		Hot Iron I 9- 10h Christian Gasch	
Hot Iron II 18.30- 19.30h Claudia Petschnig	Iron Cross 18- 19h Alex Schmied	Hot Iron II 19- 20h Eva Büchsner	

DIENSTAG

SÜD	NORD	WEST	MO-SEE
			Hot Iron II 9.15- 10.45h Babsi Stadler
			Hot Iron I 18.30- 19.30h Rosi Kistner

MITTWOCH

SÜD	NORD	WEST	MO-SEE
Hot Iron II 9- 10h Gabi Sokol		Hot Iron II 10- 11h Eva Rührl	
Iron Cross 19.30- 20.30h Marjan Jo.		Hot Iron II 19- 20h Alex Schmied	Hot Iron II 19- 20h Babsi Stadler

DONNERSTAG

SÜD	NORD	WEST	MO-SEE
Hot Iron II 18- 19h Claudia Petschnig	Iron Cross 18.30- 19.30h Alex		Iron Workout 19- 20h Rosi Kistner

FREITAG

SÜD	NORD	WEST	MO-SEE
Hot Iron I 14.30- 15.30h Christian			
Iron Workout 17.30- 18.30h Gabi Sokol		ab 15.02. Hot Iron II Hot Iron I 18.30- 19.30h Marjan	Hot Iron II 18- 19h Babsi Stadler

SAMSTAG

SÜD	NORD	WEST	MO-SEE
		Iron Cross 9.15- 10.15h Eva Büchsner	
Hot Iron II 17- 18h Claudia Benischke			

SONNTAG

SÜD	NORD	WEST	MO-SEE
			Hot Iron II 17.30- 18.30h Bettina

Legende

HI I = Vol. 38 Get Sexy

HI II = Francis Bacon Vol. 38

IX = Süd/ West Bernard Bolzano, Nord Albert Einstein

	HI I	HI II	IX
Iron Workout	Hot Iron I	Hot Iron II	Iron Cross
alle- einsteiger		mittel- fortgeschritten	

Stand Januar 2010