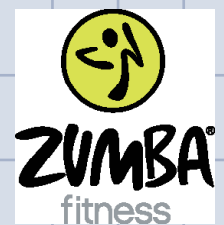


Öffnungszeiten: Mo - Fr: 7.00 - 22.30 h, Sa, So & Feiertag: 9.00 - 20.00 h
 Kinderbetreuung: Mo - Fr: 8.30 - 11.30 h; Mo & Di: 13.30 - 16.30 h, Do: 14.00 - 17.00 h;
 +43 (0) 50609 / office@vitaclub.at

Keine Kurse an den Feiertagen!

ZEIT		07.30 08.00	08.00 08.30	08.30 09.00	09.00 09.30	09.30 10.00	10.00 10.30	10.30 11.00	11.00 11.30	14.00 14.30	14.30 15.00	15.00 15.30	15.30 16.00	16.00 16.30	17.00 17.30	17.30 18.00	18.00 18.30	18.30 19.00	19.00 19.30	19.30 20.00	20.00 20.30	20.30 21.00
TAG	WO																					
M O	S1			6pack	IRON SYSTEM	STEP II			ZUMBA FITNESS							CARDIO STEP	IRON SYSTEM	STEP II				
	S2				PILATES	YOGA XL										6pack	PILATES	AROHA				
	S3				vitaCYCLING FITNESS													vitaCYCLING TECHNIC	vitaCYCLING JOURNEY			
D I	S1				WS	MEDICAL IRON*					PERFECT BODY				6pack	ZUMBA FITNESS	deep WORK					
	S2				SLINGS IN RHYTHM	MERIDIAN YOGA				PILATES							QI GONG	YOGA XL				
	S3																	vitaCYCLING TECHNIC				
M I	S1				IRON SYSTEM	ZUMBA FITNESS										6pack	STEP CHOREO	IRON SYSTEM				
	S2	MORNING YOGA			PILATES	OSTEO FIT									AFTERWORK YOGA	WS	ZUMBA FITNESS					
	S3																	vitaCYCLING FITNESS				
D O	S1		JUKARI FIT TO FLY		WS	PERFECT BODY											IRON SYSTEM	6pack	JUKARI FIT TO FLY			
	S2			MORNING YOGA						PILATES	YOGA						DANCE XL		SLINGS IN RHYTHM 19.15-20.15			
	S3				vitaCYCLING FITNESS																	
F R	S1		IRON SYSTEM		CARDIO STEP	ZUMBA FITNESS				IRON SYSTEM					6pack	PERFECT BODY	ZUMBA FITNESS					
	S2				PILATES	6pack		WS 13:30-14:30									PILATES	YOGA XL				
	S3											vitaCYCLING FITNESS										
S A	S1					PERFECT BODY XL										IRON SYSTEM	STEP II					
	S2																					
	S3																					
S O	S1					STEP CHOREO	PERFECT BODY															
	S2																					
	S3																					



Kursniveau: ■ alle ■ Level I (alle - leicht) ■ Level II (leicht - mittel) ■ Level III (mittel - fortgeschritten) ■ wechselnde IRON SYSTEM Programme * im Wechsel mit IRON WORKOUT

ZEIT	08.00	08.30	09.00	09.30	10.00	10.30		15.30	16.00		17.00	17.30	18.00	18.30	19.00	19.30
TAG	08.30	09.00	09.30	10.00	10.30	11.00		16.00	16.30		17.30	18.00	18.30	19.00	19.30	20.00
MO	YOGA		PERFECT BODY	PILATES*							PERFECT BODY	STEP CHOREO		IRON SYSTEM		
DI			IRON SYSTEM	ZUMBA FITNESS		* alle 12 Wo. Periode mit		MEDICAL IRON			PILATES	PERFECT BODY				
MI			PILATES*	PERFECT BODY									IRON SYSTEM	ZUMBA FITNESS		
DO			WS	IRON SYSTEM							PERFECT BODY	STEP		YOGA		
FR			STEP CHOREO	PILATES TORSO			YOGA				IRON SYSTEM	ZUMBA FITNESS				
SA			IRON SYSTEM 09.15-10.15	AROHA 10.15-11.15												

Mo, Mi, Fr:
7.00 - 22.30 h;
Di & Do:
8.00 - 22.30 h;
Sa:
9.00 - 20.00 h;

Kinderbetreuung:
Mo - Fr:
8.30 - 11.30 h;

Keine Kurse an den Feiertagen!

Kursplan Nord

+43 (0) 50609

ZEIT	08.00	08.30	09.00	09.30	10.00	10.30		17.00	17.30	18.00	18.30	19.00	19.30	20.00	20.30	20.30
TAG	08.30	09.00	09.30	10.00	10.30	11.00		17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.00	
MO			ZUMBA FITNESS	PERFECT BODY					ZUMBA FITNESS	6 pack		IRON SYSTEM				
DI	QI GONG alle 14 Tage		PILATES	RÜCKEN-FIT			Lauftreff 18.30-19.30h	RÜCKENFIT	PERFECT BODY	MERIDIAN YOGA						
MI			STEP CHOREO	IRON SYSTEM					PILATES	STEP II						
DO	YOGA	MEDICAL IRON*						DANCE	6 pack		IRON SYSTEM					
FR			PILATES	STRETCH				6 pack	BALANCE	ZUMBA FITNESS						
SO	* alle 12 Wo. Periode mit		PERFECT TORSO													

Mo, Mi, Fr:
8.00 - 22.00 h;
Di, Do:
7.00 - 22.00 h;
So:
9.00 - 20.00 h;

Keine Kurse an den Feiertagen!

Kursplan Mondsee

office@vitaclub.at

ZEIT	09.15	09.45	10.15	10.45	11.15		15.30	16.00	16.30		18.00	18.30	19.00	19.30	20.00	20.30
TAG	09.45	10.15	10.45	11.15	11.45		16.00	16.30	17.00		18.30	19.00	19.30	20.00	20.30	21.00
MO	WS		STRETCH										YOGA	CARDIO STEP		
DI	IRON SYSTEM										IRON SYSTEM	ZUMBA FITNESS		PILATES		
MI	OSTEO FIT (Tr.-Fläche)		6 pack										IRON SYSTEM			
DO	YOGA XL												ZUMBA FITNESS	PERFECT BODY		
FR	PILATES	STRETCH									IRON SYSTEM					
SO	IRON SYSTEM 09.30-10.30		WS 10.30-11.30													

So - Fr:
9.00 - 22.00 h;
Sa:
14.00 - 22.00 h;

Kinderbetreuung:
Mo - Fr:
9.00 - 11.30 h;
(Mo & Mi in Englisch)

Tel.: +43 (0)6232/35 13

Keine Kurse an den Feiertagen!

■ alle ■ Level I (alle - leicht) ■ Level II (leicht - mittel) ■ Level III (mittel - fortgeschritten) ■ wechselnde IRON SYSTEM Programme