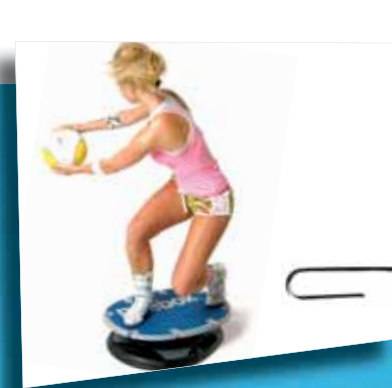
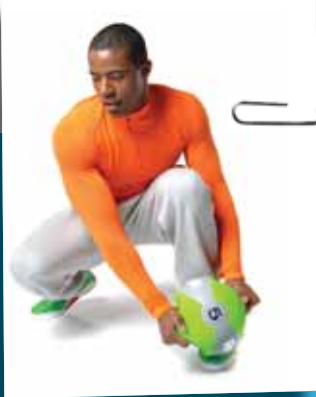


STUNDENPLAN



ZEITEN	MEHRZWECKHALLE	BALLSPORTHALLE	SPIEGELSAAL	GERÄTTURNHALLE	SEMINARRAUM TENNISHALLE	OUTDOOR LAUFBAHN
09:30 - 10:30	DANCE AEROBIC REIT HOUSE MOVES Christiane Reiter	REEBOK STEP EXPLOSION Daniel Bata	HOUSE DANCE WORKSHOP Tina Rauter	REEBOK REP SET HOT IRON Claudia Petschnig		
10:45 - 11:45	DANCE AEROBIC PREMIUM Pat Seifried	REEBOK STEP NO STOP Gil Lopez	HOUSE DANCE WORKSHOP Tina Rauter	REEBOK THE DECK Christian Gasch	TECHNOGYM GROUP CYCLE Alexander Seemann	REEBOK SPEED TRAINING Gottfried Lammerhuber
12:00 - 13:00	VIDEO DANCE Christiane Reiter	DRUMS ALIVE Carrie Ekins	REEBOK ACTIVE STRENGTH KETTLEBELL Gottfried Kürmer	REEBOK REP SET IRON CROSS Claudia Petschnig	TECHNOGYM GROUP CYCLE Alexander Seemann	
14:00 - 15:00	HI LO-PEZ DANCE Gil Lopez	REEBOK ACTIVE STRENGTH MEDICINEBALL WORKOUT Daniel Bata	DRUMS ALIVE KIDS BEATS Carrie Ekins	EASY POWER Bettina Waltenberger Simon Weissenberger	TECHNOGYM GROUP CYCLE Alexander Seemann	REEBOK SPEED TRAINING Gottfried Lammerhuber
15:15 - 16:15	PILATES FOR GROUP FITNESS Christiane Reiter	REEBOK DANCE STEP Pat Seifried	REEBOK ACTIVE STRENGTH KETTLEBELL Gottfried Kürmer	REEBOK REP SET MEDICAL IRON Claudia Petschnig	TECHNOGYM GROUP CYCLE Alexander Seemann	
16:30 - 17:30	DANCE AEROBIC TO TAKE AWAY Pat Seifried	INFINITE MOTION RÜCKENFITNESS Carrie Ekins	REEBOK COREBOARD Christian Gasch	Stundenbeschreibungen mit genauen Inhaltsangaben sind auf www.uniontrendsport.at ersichtlich. Änderungen des Stundenplanes vorbehalten.		
17:45 - 18:45	WELLNESS FLOW & RELAX Carrie Ekins					