

<b>MONTAG</b> Öffnungszeit: 06.30 - 24.00	<b>DIENSTAG</b> Öffnungszeit: 06.30 - 24.00	<b>MITTWOCH</b> Öffnungszeit: 06.30 - 24.00	<b>DONNERSTAG</b> Öffnungszeit: 06.30 - 24.00	<b>FREITAG</b> Öffnungszeit: 06.30 - 24.00	<b>SAMSTAG</b> Öffnungszeit: 09.00 - 23.00	<b>SONN- &amp; FEIERTAG</b> Öffnungszeit: 09.00 - 23.00
09:00-10:30 <b>Hatha Yoga Flow</b> R2	09:00-10:00 <b>Wirbelsäulentraining</b> R2	08:45-09:15 <b>Indoor Cycling Intro</b> ICR	09:00-10:30 <b>Hatha Yoga Flow</b> R2	06:45-07:45 <b>Qi Gong</b> R2	09:30-10:30 <b>Wirbelsäulentraining</b> R1	09:30-10:30 <b>Indoor Cycling GA2</b> ICR
09:30-10:30 <b>Power Dumbell</b> R1	09:00-10:30 <b>Indoor Cycling FB</b> ICR	09:15-10:15 <b>Antara®</b> R2	10:30-11:15 <b>Wirbelsäulentraining</b> R2	09:00-10:00 <b>Fitness Mix</b> R1	10:45-11:45 <b>Indoor Cycling GA1</b> ICR	10:30-12:00 <b>Hatha Yoga</b> R2
10:30-11:30 <b>Pilates</b> R2	10:00-10:30 <b>Stretch &amp; Relax</b> R2	09:15-10:15 <b>Indoor Cycling GA1</b> ICR	10:30-11:30 <b>Power Dumbell</b> R1	09:30-10:30 <b>Wirbelsäulentraining</b> R2	11:30-12:30 <b>Muskeltraining</b> R1	11:30-12:30 <b>Fitness Mix</b> R1
10:30-11:30 <b>Indoor Cycling GA2</b> ICR	10:30-11:30 <b>Power Dumbell</b> R1	10:15-11:15 <b>FLEXI BAR®</b> R1	11:15-11:45 <b>Stretch &amp; Relax</b> R2	10:00-10:30 <b>Bauch &amp; Rücken</b> R1	11:30-12:30 <b>Pilates</b> R2	17:00-18:00 <b>Power Dumbell</b> R1
12:30-13:30 <b>Power Dumbell</b> R1	10:30-12:00 <b>Hatha Yoga</b> R2	10:30-11:30 <b>Pilates</b> R2	12:30-13:30 <b>Indoor Cycling GA2</b> ICR	10:30-11:00 <b>Stretch &amp; Relax</b> R2	14:00-15:00 <b>Muskeltraining</b> R1	18:00-19:30 <b>Kundalini Yoga</b> R2
17:00-18:00 <b>Indoor Cycling GA1</b> ICR	17:00-18:00 <b>FLEXI BAR®</b> R1	12:30-13:30 <b>Power Dumbell</b> R1	17:00-18:00 <b>Muskeltraining</b> R1	10:30-12:00 <b>Power Vinyasa Yoga</b> R1	14:30-15:30 <b>BodyART®</b> R2	18:15-19:15 <b>Indoor Cycling GA2</b> ICR
17:00-18:00 <b>Muskeltraining</b> R1	18:00-19:00 <b>BodyART®</b> R1	17:30-18:30 <b>Indoor Cycling GA1</b> ICR	18:15-19:15 <b>Indoor Cycling GA1</b> ICR	12:30-13:30 <b>Indoor Cycling GA1</b> ICR	15:30-16:00 <b>Stretch &amp; Relax</b> R2	18:15-19:15 <b>Muskeltraining</b> R1
18:00-19:00 <b>Power Dumbell</b> R1	18:30-19:00 <b>Indoor Cycling Intro</b> ICR	17:30-18:30 <b>Power Dumbell</b> R1	19:00-20:00 <b>Pilates</b> R2	17:00-18:00 <b>Muskeltraining</b> R1	16:00-17:30 <b>Ashtanga Yoga</b> R2	
18:30-19:30 <b>Indoor Cycling GA2</b> ICR	18:30-20:00 <b>Kundalini Yoga</b> R2	17:30-19:00 <b>Ashtanga Yoga</b> R2	19:30-20:30 <b>Indoor Cycling GA2</b> ICR	17:00-18:00 <b>Indoor Cycling GA2</b> ICR	17:00-18:00 <b>Indoor Cycling GA2</b> ICR	
19:00-20:00 <b>Wirbelsäulentraining</b> R2	19:00-20:00 <b>Indoor Cycling GA1</b> ICR	19:00-20:00 <b>Indoor Cycling T&amp;K</b> ICR	19:30-21:00 <b>Power Vinyasa Yoga</b> R1	18:00-19:00 <b>BodyART®</b> R1	KB 14.00 - 19.00	KB 09.00 - 13.00
20:00-21:00 <b>Pilates</b> R2	20:00-21:00 <b>Wirbelsäulentraining</b> R1	19:00-20:00 <b>Wirbelsäulentraining</b> R2	20:00-21:30 <b>Kundalini Yoga</b> R2	18:45-19:45 <b>Indoor Cycling GA2</b> ICR	An Feiertagen finden die Kurse wie sonntags oder laut Aushang statt.	
20:00-21:30 <b>Power Vinyasa Yoga</b> R1	20:30-21:30 <b>Vortragsreihe Gesund</b> R2	21:30-22:00 <b>Stretch &amp; Relax</b> R1	21:00-22:00 <b>Power Dumbell</b> R1	19:00-20:00 <b>Wirbelsäulentraining</b> R1		R1 Kursraum 1 R2 Kursraum 2 TF Trainingsfläche ICR Indoor Cycling Raum geschlossener Kurs (yellow) KB Kinderbetreuung (grey)
	21:00-22:00 <b>Power Dumbell</b> R1			20:00-21:00 <b>Power Dumbell</b> R1		
KB 08.45 - 12.15   16.30 - 20.00	KB 08.45 - 12.15   16.30 - 20.00	KB 08.45 - 12.15   16.30 - 20.00	KB 08.45 - 12.15   16.30 - 20.00	KB 08.45 - 12.15   16.30 - 20.00		
					<b>Heidelberg City / Carré</b> Poststr. 1-3   0 62 21 - 38 93 40 <a href="http://www.pfitzenmeier.de">www.pfitzenmeier.de</a>	