

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>08.15 - 08.55</b> Big Area		<b>Dynamic Pilates</b> Jutta / All	<b>Morning Yoga</b> Lowe / All	<b>Dynamic Yoga</b> Juliane / All		<b>Morning Yoga</b> Lowe / All	<b>Morning Yoga</b> Lowe / All	
<b>09.00 - 09.55</b> Big Area		<b>Advanced Aerobics</b> Stephane / A	<b>Garage Jam Aerobics</b> Fitzroy / All	<b>Energy Step</b> Verena I/A	<b>Street Jazz</b> Moris I/A	<b>Club Dance</b> Stephane I/A	<b>Energy Step</b> Verena I/A	<b>Vertical Step</b> Verena /I
<b>09.00 - 09.55</b> Small Area		<b>Basic Step*</b> Jutta / B	<b>Basic Aerobics</b> Veronika /B	<b>BodyFit*</b> Jutta / All	<b>Basic Aerobic*</b> Jutta /B	<b>Basic Step</b> Verena /B	<b>Flexibar Wellness*</b> Jutta / All	<b>Dynamic Yoga*</b> Juliane / All
<b>10.05 - 11.00</b> Big Area	<b>Intermediate Step</b> Sava / I	<b>Soul Jazz</b> Sava / I/A	<b>House Dance</b> Stephane I/A	<b>DanceMoves</b> Sava I/A	<b>Garage Jam Aerobics</b> Fitzroy / A	<b>Step-A-Jam</b> Fitzroy /A	<b>Hip Hop</b> Stephane /A	<b>DanceMoves</b> Sava I/A
<b>10.05 - 11.00</b> Small Area	<b>Gympa For Fun</b> Henrik / All	<b>Healthy Back</b> Veronika /All	<b>Flexibar Wellness</b> Sava /All	<b>Shiatsu Partner Massage</b> Lowe / All	<b>Core Training</b> Henrik /All	<b>Abs, Bums &amp; Legs</b> Juliane /All	<b>Gympa For Fun</b> Henrik / All	<b>Kara-T-Robics</b> Charles / All
<b>11.10 - 12.05</b> Big Area	<b>Kara-T-Robics</b> Charles /All	<b>Kara-T-Robics</b> Charles / All	<b>Kara-T-Robics*</b> Charles /All	<b>Step-A-Jam</b> Fitzroy /A	<b>Twin Step -Intermediate</b> Verena I/A	<b>Soul Jazz</b> Sava I/A	<b>Avanced Step</b> Sava /A	<b>Intermediate Aerobics</b> Moris /I
<b>11.10 - 12.05</b> Small Area	<b>Hip Hop</b> Moris / A	<b>Latin Dance</b> Moris /I	<b>Simple Power Step</b> Verena /I	<b>Kara-T-Robics</b> Charles /All	<b>Kara-T-Robics</b> Charles / All	<b>Kara-T-Robics*</b> Charles /All	<b>Kara-T-Robics</b> Charles / All	<b>NewAge Toning (3/4)</b> Juliane /All
<b>12.15 - 13.10</b> Big Area	<b>Flexibar Toning*</b> Jutta / All	<b>Shiatsu Partner Massage</b> Lowe /All	<b>Core Training</b> Henrik / All	<b>Gympa For Fun</b> Henrik / All	<b>Yoga</b> Lowe / All	<b>Shiatsu Partner Massage</b> Lowe / All	<b>Condition X-Press</b> Fitzroy / All (30 Min)	<b>Stretch &amp; Relax*</b> Charles / All
<b>15.00 - 15.30</b> Leisure Pool	<b>Aqua Aerobics*</b> Charles /All		<b>Aqua Aerobics*</b> Charles / All	<b>Step for your Life/ All</b> Petri (Guest Instructor) Big Area	<b>Aqua Aerobics*</b> Charles / All		<b>Aqua Aerobics*</b> Charles / All	
<b>16.00 - 16.55</b> Big Area	<b>Advanced Step</b> Stephane / A	<b>Intermediate Step</b> Henrik / I	<b>NIKE Dynamic Training</b> Jutta & Juliane / All	<b>Bodytoning</b> Fitzroy / All	<b>Intermediate Step</b> Moris /I	<b>Intermediate Step</b> Henrik /I	<b>Advanced Aerobics</b> Stephane /A	
<b>16.00 - 16.55</b> Small Area	<b>DanceMoves</b> Sava I/A	<b>Simple Power Aerobics</b> Juliane /I	<b>Funk Jazz</b> Sava I/A	<b>Ragga Dance</b> Moris I/A	<b>Latin Smooth</b> Sava I/A	<b>Mo's Hip Hop</b> Moris I/A	<b>Funky Jazz</b> Moris I/A	
<b>17.05 - 18.00</b> Big Area	<b>Energy Aerobic</b> Juliane / I	<b>Step-A-Jam</b> Fitzroy /A	<b>Step 2 Step (Adv)</b> Stephane /A	<b>Dance Aerobics (Adv)</b> Stephane /A	<b>Advanced Step</b> Stephane /A	<b>Intervall Toning*</b> Jutta & Fitzroy /All	<b>Step-A-Jam</b> Fitzroy /A	
<b>17.05 - 18.00</b> Small Area	<b>Yoga</b> Lowe / All	<b>Abs, Bums &amp; Legs*</b> Verena /All	<b>Glamoris Dance</b> Moris I/A	<b>NewAge Step (3/4)*</b> Juliane /I	<b>Healthy Back</b> Verena /All	<b>Stretching (30 min)</b> Juliane /All	<b>Basic Aerobics*</b> Juliane /B	
<b>18.10 - 19.05</b> Big Area	<b>Stretch &amp; Relax</b> Henrik / All	<b>Yoga</b> Lowe / All	<b>Stretch &amp; Relax</b> Charles / All	<b>Stretch &amp; Relax</b> Henrik / All	<b>Team Teach</b> All Instructors / All		<b>Stretch &amp; Relax</b> Charles / All	
Evening Fun Time	B=Beginner I=Intermediate A=Advanced		<b>IAW-Fitcom Welcome Party</b> <b>21.00 Panorama Restaurant</b>		<b>18.05 Group Photo</b> <b>Big Area</b>	<b>IAW-Fitcom Gala Night</b> <b>19.00 Beach Restaurant</b>		