



Academy for Fitness and Aerobics

## Private Club

### Lektionen ab Januar 2008

#### Montag

18.30 – 19.40      Yoga Strength & Flexibility    II -III      Gabriela

#### Mittwoch

09.30 – 10.20      Aerobics      II - III      Gabriela

10.30 – 11.25      Yoga Strength & Flexibility    I -II      Gabriela

19.00 – 20.00      Muscle Work      II      Rolf/  
Susanne

#### Freitag

10.00 – 11.10      Yoga Strength & Flexibility    II - III      Gabriela

**Sonntag:**      Surprise

#### Stufen:

I      = Anfänger

II     = Mittel

III    = Fortgeschritten

X     = alle