

# VOLKSHOCHSCHULE BRUCK/LEITHA

## Fitnesskurse Frühjahrssemester 2012

|               |       | Montag  | Dienstag                               | Mittwoch   | Donnerstag  | Freitag  | Samstag                         |
|---------------|-------|---|--|--|---|--|---------------------------------|
| Turnsaal      | 15:00 |   |  |  |   |  |                                 |
| Turnsaal      | 16:00 | Mutter-Vater-Kind<br>Turnen 2-3j.<br>Nicole Kostial |  |  |   |  |                                 |
| Turnsaal      | 17:00 | Mutter-Vater-Kind<br>Turnen 1-2j.<br>Nicole Kostial | Pilates<br>Renate Pflamitzer           | Bodytuning<br>Carmen Pfeller                       | Zumba Party ab 12J.<br>Carmen Pfeller                     | 50+<br>Michaela Huber                            |                                 |
| Turnsaal      | 18:00 | Fatburning<br>Kathrin Gorgosilits                   | Pilates<br>Renate Pflamitzer           | Body-Fit<br>Carmen Pfeller                         | Step Aerobic<br>Kathrin Gorgosilits                       | Wellness-Hour<br>Michaela Huber                  |                                 |
| Turnsaal      | 19:00 | Bauch-Bein-Po<br>Kathrin Gorgosilits                | Seniorengymnastik<br>Peter Pisazka     | Bodystyling<br>Renate Pflamitzer                   | Bodywork<br>Kathrin Gorgosilits                           | Zumba<br>Carmen Pfeller                          |                                 |
| Turnsaal      | 20:00 |   |  | Zumba Toning<br>Carmen Pfeller                     | Step Basic & Toning<br>Andrea Teuschl                     | Zumba<br>Carmen Pfeller                          |                                 |
| Gymnastikraum | 09:00 |   |  |  |   |  | Latin Burning<br>Lilli Skrabl   |
| Gymnastikraum | 10:00 |   |  |  |   |  | Weekend Workout<br>Lilli Skrabl |
| Gymnastikraum | 15:00 |   |  |  | Kiddy Dance 5-7j.<br>Nina Zikan                           | Hannah Montana 8-9j.<br>Nina Zikan               |                                 |
| Gymnastikraum | 16:00 | Rückenfit<br>Eva Skrabl                             |  | Singen, Tanzen und<br>Spielen 1-2j.<br>Vera Kamper | Kinesiologisches Turnen<br>Kinder 6-10J.<br>Andrea Koller | Modern Dance 10-14j.<br>Nina Zikan               |                                 |
| Gymnastikraum | 17:00 | Pilatobalance<br>Eva Skrabl                         | Rhythmikstunde 4-6.j<br>Nicole Kostial | Singen, Tanzen und<br>Spielen 2-3j.<br>Vera Kamper | Kinesiologisches Turnen<br>Erwachsene<br>Stefanie Jurasek | Wellnessgymnastik &<br>Rückenfit<br>Sonja Stepan |                                 |
| Gymnastikraum | 18:00 | Shape<br>Nicole Marquetant                          | Bodyforming<br>Nicole Marquetant       | Dance Aerobic<br>Lilli Skrabl                      | Viva Latino<br>Lilli Skrabl                               | 300 kcal weg - Workout<br>Sonja Stepan           |                                 |
| Gymnastikraum | 19:00 | Easy Fatburning<br>Nicole Marquetant                | Weg mit dem Speck<br>Nicole / Tünde    | Bikini Fit<br>Lilli Skrabl                         | Zumba Mix<br>Lilli Skrabl                                 | Pilates<br>Renate Pflamitzer                     |                                 |
| Gymnastikraum | 20:00 | Perfect Body & Bauch<br>Special<br>Stephanie Panzer | Fit & Fun<br>Tünde Kegl                |  | Zumba Mix<br>Lilli Skrabl                                 |  |                                 |