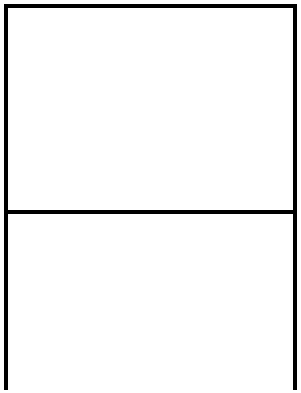
MON 06.08	TUE 07.08	WED 08.08	THU 09.08	FRI 10.08	SAT 11.08	SUN 12.08
19.00 - 20.00 Kyosk - Outdoor **Fuego** Central Park Kirchberg Annika	18.30-19.30 Hamm **Barbell Interval** strength & cardio Åsa	19.00 - 20.00 Hamm **Yoga** Kathy	19.00 - 20.00 Merl Park **Medium** aerobics Kathy	18.30-19.30 Hamm **Circuit training** strength & cardio Martin		17.30 - 18.30 Hamm **Circuit training** strength & cardio Martin

MON 13.08	TUE 14.08	WED 15.08	THU 16.08	FRI 17.08	SAT 18.08	SUN 19.08
19.00 - 20.00 Kyosk - Outdoor **Medium** Central Park Kirchberg Kathy	18.30-19.30 Hamm **Circuit training** strength & cardio Pirjo	19.00 - 20.00 Hamm **Medium** Kathy	19.00 - 20.00 Merl Park **Flex Soft** flexibility Maria	18.30-19.30 Hamm **Circuit training** strength & cardio Martin		17.30 - 18.30 Hamm **Step Explode** dance & cardio Carolina