

Kursplan ab 01.09.2019



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:00 - 10:30 BAUCH & RÜCKEN	09:30 - 10:00 BAUCH & RÜCKEN	09:00 - 09:50 ALLES-FIT	10:00 - 10:50 RÜCKENFIT	08:30 - 09:30 CYCLING	WEEKEND- WORKOUT**	WEEKEND- WORKOUT**
10:30 - 11:00 MOBILITY	10:00 - 10:50 STRETCH & RELAX	10:00 - 10:50 BECKENBODEN*	11:00 - 11:30 STRETCHING	10:00 - 10:30 BAUCH & RÜCKEN		
17:00 - 17:50 RÜCKENFIT	17:00 - 17:50 PILATES	17:00 - 17:50 VINYASA YOGA		10:30 - 11:00 MOBILITY		
		17:00 - 17:50 FASZIEN-WORKOUT		17:00 - 17:50 FIT BALANCE	16:00 - 16:50 CYCLING	
18:00 - 18:50 FUNCTIONAL CIRCUIT	18:00 - 18:50 BODY FORMING	18:00 - 18:50 LANGHANTEL- WORKOUT	18:00 - 18:50 FUNCTIONAL MOVE	18:00 - 18:50 VINYASA YOGA		
18:00 - 18:50 PILATES		18:00 - 18:50 CORE TRAINING				
19:00 - 19:50 CYCLING		19:00 - 19:50 CYCLING	19:00 - 19:50 ZUMBA DANCE-FITNESS			
	20:00 - 20:50 SHADOW BOXING	20:00 - 20:50 STRETCH & RELAX				

* Im 2-Wochen-Takt

** nach Ankündigung