

KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:15-10:15 Rücken Fit G1	9:30-10:30 Yogalates G1	9:15-10:15 Rücken Fit G1	09:15-10:00 Faszien Fit G1	9:00-09:45 Orthopädie G1		
10:30-11:30 Best Age G1	10:30-11:15 Bodytoning G1	10:15-11:15 Bodytoning G1	10:00-11:15 Yoga G1	9:45-10:30 Best Age G1		
11:30-12:30 Faszien Fit & Entspannung G1				10:30-11:15 Fazien Fit & Five G2		11:15-12:00 Bodytoning G1
				10:30-11:15 Zumba® G1		12:00-13:00 Pilates G1
	18:00-19:00 Yoga G1	18:00-19:00 Zumba® G1	18:00-19:00 Langhantel G1	17:45-18:45 LNB Motion G2		
18:00-19:00 Langhantel G1	19:00-19:30 Meditation G1	18:15-19:00 Bodytoning G2	19:00-19:30 Rücken Fit G2	18:00-18:30 Bodytoning G1		
19:00-20:00 Zumba® G1	19:30-20:30 Step G1	19:00-20:15 Yoga G1	19:00-20:00 Piloxing G1	18:30-19:00 Bauch Pur G1		UNSERE RÄUME G1 Gym 1 G2 Gym 2
19:00-19:45 Fit Fight G2	19:30-20:45 Cycling G2	19:00-19:45 Rücken Fit G2		19:00-20:00 Cycling G2		
20:00-21:00 Cycling G2						