

# KURSPLAN

gültig ab 12. November 2018



MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
09:00 - 22:00		07:00 - 22:00		09:00 - 22:00		07:00 - 22:00		09:00 - 22:00		10:00 - 18:00		10:00 - 18:00	
SportsClub	FemaleSports	SportsClub	FemaleSports	SportsClub	FemaleSports	SportsClub	FemaleSports	SportsClub	FemaleSports	SportsClub	FemaleSports	SportsClub	FemaleSports
		09:00 - 10:00 Cycling				09:00 - 10:00 Cycling							
09:30 - 10:25 Fatburner Workout	09:30 - 10:25 Workout Mix	10:00 - 11:00 Wirbelsäulengymnastik	09:30 - 10:25 Stretch&Relax	09:30 - 10:30 Yoga	09:30 - 10:25 Muskeltraining		09:30 - 10:30 Wirbelsäulengymnastik	09:15 - 10:15 BBP & Pilates	09:30 - 10:25 Zumba		10:15 - 11:10 Zumba	10:30 - 11:30 Cycling	10:15 - 11:15 Balance Swing
	10:30 - 11:00 Yoga Flow		10:30 - 11:25 Balance Swing		10:30 - 10:45 Bauch X-treme			09:45 - 10:45 Cycling	10:30 - 11:15 Flexi-Workout		11:15 - 11:45 Bauch XX-treme		
	16:45 - 17:00 Bauch X-treme									<b>Reservierung möglich für die Kurse:</b>  <div style="background-color: #cccccc; padding: 5px; text-align: center; margin: 5px 0;"><b>Cycling &amp; Iron Pump</b></div> <b>alle Kurse finden ab 4 Teilnehmern statt!</b>			
	17:00 - 17:45 Fatburner Workout	17:30 - 17:45 Bauch X-treme				17:30 - 17:45 Bauch X-treme			17:00 - 18:15 Vinyasa Power Yoga				
17:30 - 18:25 Cycling	17:45 - 18:30 Wirbelsäule & Pilates	17:45 - 18:45 Bodyworkout	18:00 - 18:55 Step-Aerobic	18:00 - 18:45 Iron Pump	17:45 - 18:00 Bauch X-treme	17:45 - 18:45 Fatburner Workout		18:00 - 19:00 Cycling					
18:35 - 19:15 TABATA		19:00 - 20:00 Wirbelsäule & Faszien		19:00 - 20:15 Vinyasa Power Yoga	18:00 - 18:55 BBP	18:15 - 19:00 Outdoor RAW	19:00 - 20:00 Balance Swing						
19:15 - 19:30 3F - Battle Ropes		19:00 - 20:00 Cycling			19:00 - 20:00 Zumba	18:45 - 19:25 TBO-TABATA							

Besuche uns auch auf:

