

KURSPLAN



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	
Kursraum	Cyclingraum	Kursraum	Cyclingraum	Kursraum	Cyclingraum	Kursraum	Cyclingraum	Kursraum	Cyclingraum	Kursraum	Cyclingraum	Kursraum	Cyclingraum
			08:30 - 09:30 Cycling										
09:15 - 10:00 Fatburner Workout		09:15 - 10:00 Stretch & Relax		09:15 - 10:00 Muskeltraining		09:30 - 10:30 Yoga		09:15 - 10:00 Yoga-Flow	09:45 - 10:45 Cycling	10:15 - 11:00 Zumba		10:30 - 11:30 Cycling	
10:15 - 11:00 Wirbelsäulen- gymnastik		10:15-11:00 Wirbelsäulen- gymnastik		10:15-10:30 Bauch X-treme		10:45 - 11:45 RückenYoga		10:15-10:45 Flexi-Workout		11:15-12:00 BBP			
11:15-11:45 Yoga Flow				10:45-11:30 Easy Step									
17:05-17:50 Zumba													
18:05-18:50 Rücken-Pilates	17:30 - 18:30 Cycling	17:30 - 17:45 Bauch X-treme		17:05 - 17:50 Zumba		17:30 - 17:45 Bauch X-treme		17:00 - 18:15 Vinyasa Power Yoga	17:30 - 18:30 Cycling				
19:05-19:35 TABATA		18:00-18:45 Bodyworkout		18:05 - 18:50 Iron Pump		18:00-18:45 Fatburner Workout							
		19:00-19:45 Step-Aerobic			18:30 - 19:30 Cycling	19:00-19:30 TABATA							
		20:00-20:45 Wirbelsäule & Faszien	19:00 - 20:00 Cycling	19:05-20:20 Vinyasa Power Yoga									