CORONA-Kursplan gültig ab 20.09.2020

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag
Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1
10:00-11:30		10:30-11:30	10:30-11:30	10:00-11:00		10:15-11:30		10:00-11:00				10:30-11:30
Fit & Fun Mix		Functional Gymnastics	Indoor-Cycling	Rückenfit		Rücken+Faszien		Pilates		11:00-12:30		Fatburner
				11:00-12:00		11:30-12:30		11:00-11:30		Zumba®		11:30-12:30
				Rücken-YOGA	11:30-12:30	Beckenboden		Stretch/Relax		13:00-14:00		Langhantel + Kettle Bell
					Stretching					Combat Fit		
										14:30-16:00		15:00-16:30
										Yoga		Bauchtanz
18:00-19:00	18:00-18:30	18:00-19:00	18:00-19:00	17:00-18:30	18:00-19:00	18:00-19:30		18:00-19:00	18:00-19:00			
Bodypower	Core Animation	Deep Work	Indoor-Cycling	WS Aktiv	Indoor-Cycling	Fat Attack	18:30-19:30	BBP	Indoor-Cycling			
19:00-20:00	19:00-20:00	19:00-20:00		18:30-20:00	19:15-20:15		Indoor-Cycling					Raum 2
BBP	Indoor-Cycling	Pilates		YOGA	Tuff-Stuff			19:00-20:00				11:00-12:30
20:15-21:15				20:15-21:15				Rücken "Plus"				Body Fit
Zumba®				Zumba®								
Trainingsfläche												