

Kursplan gültig ab 1. Januar 2023

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	08:00-09:00	10:15-11:15	10:30-11:30	10:00-10:55	10:00-11:00	10:15_11:30		10:00-11:00				10:30-12:00
Fit & Fun Mix	ENJOY! Fit	Functional Gymnastics	Indoor-Cycling	Rückenschule	Stretching	Rücken * Faszien		Pilates		11:00-12:30		Langhantel
				11:00-11:55				11:00-11:30		ZUMBA		
				Yoga-Rücken				Stretch/Relax				
										14:30-16:00		
										YOGA		
												Raum 2
18:00-19:00		18:00-19:00	18:00-19:00		18:00-19:00				17:30-19:00			10:30-12:30
Bodystyling		Deep Work	Indoor-Cycling		Indoor-Cycling				Indoor-Cycling			Body Fit
19:00-20:00				18:30-20:00								
Rückenfit	19:00-20:00	19:00-20:00		YOGA			19:00-20:00					
	Indoor-Cycling	Pilates					Indoor Cycling					
Trainingsfläche												
	18:00-18:30			17:45-18:15		18:00-19:00		18:00-19:00				
	Core Animation			Core Animation		Tuff-Stuff		Tuff-Stuff				