

Kursplan gültig ab 1. September 2019

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	09:45-10:45		10:30-11:30	10:00-11:00		10:15-11:30		10:00-11:00	10:00-11:00			10:30-11:30
Fit & Fun Mix	ENJOY! Fit		Indoor-Cycling	Rückenfit		Rücken+Faszien		Pilates	ENJOY! Fit	11:00-12:30		Fatburner
	11:00-12:00			11:00-12:00		11:30-12:30		11:00-11:30	11:15-12:15	Zumba®		11:30-12:30
	ENJOY! Fit			Rücken-YOGA		Beckenboden		Stretch/Relax	ENJOY! Fit			Langnatter + Kettle Bell
										14:30-16:00		
										Yoga		Raum 2
18:00-19:00		18:00-19:00	18:00-19:00	17:00-18:30	18:00-19:00	18:00-19:00		18:00-19:00	18:00-19:00			11:00-12:00
Bodypower		Deep Work	Indoor-Cycling	WS Aktiv	Indoor-Cycling	Fat Attack		BBP	Indoor-Cycling			ENJOY! Fit
19:00-20:00	19:00-20:00	19:00-20:00		18:30-20:00								
BBP	Indoor-Cycling	Pilates		YOGA		19:00-20:00	19:15-20:00	19:00-20:00				
20:15-21:15				20:15-21:15		Dance Aerobic	ENJOY! Relax	Rücken "Plus"				
Zumba®				Zumba®								
Trainingsfläche		18:00-19:00		18:00-18:30								
		Tuff-Stuff-Circle		Bauchkiller								
18:30-19:00		19:00-20:00		18:30-19:30		18:30-19:30						12:15-13:45
Core Animation		Tuff-Stuff-Circle		Body-Fit		Tuff-Stuff Circle						Body-Fit