Kursplan gültig ab 1. April 2017

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		10:15-11:15		10:00-11:00	10:00-11:00			10:30-11:30
Fit & Fun Mix	ENJOY! Fit		Indoor-Cycling	Rückenschule		Rückenfit		Pilates	ENJOY! Fit	11:00-12:30		Fatburner
	11:00-12:00			11:00-12:00				11:00-11:30	11:15-12:15	Zumba®		11:30-12:30
	ENJOY! Fit			JIN YOGA				Stretch/Relax	ENJOY! Fit			Langhantel + Kettle Bell
		17:30-18:15								14:30-16:00		
		Hot Iron I								Yoga		Raum 2
18:00-19:00	18:00-19:00	18:15:19:00	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	Indoor-Cycling	Hot Iron II	Indoor-Cycling	WS Aktiv	Indoor-Cycling	Fat Attack		BBP	Indoor-Cycling			ENJOY! Fit
19:00-20:00		19:00-20:00		18:30-20:00								
BBP	19:15-20:15	Pilates		YOGA	19:15-20:15	19:00-20:00	*19:15-20:00*	19:00-20:00				
20:15-21:15	ENJOY! Fit			20:15-21:15	ENJOY! Fit	Power Step F	ENJOY! Relax	Rücken "Plus"				
Zumba®				Zumba®								
Trainingsfläche		18:00-19:00										
		Tuff-Stuff-Circle										
18:30-19:00		19:00-20:00		18:30-19:00		18:30-19:30						11.30-12:00
Core Animation		Tuff-Stuff-Circle		Bauchkiller		*Tuff-Stuff Circle*						Core Animation