

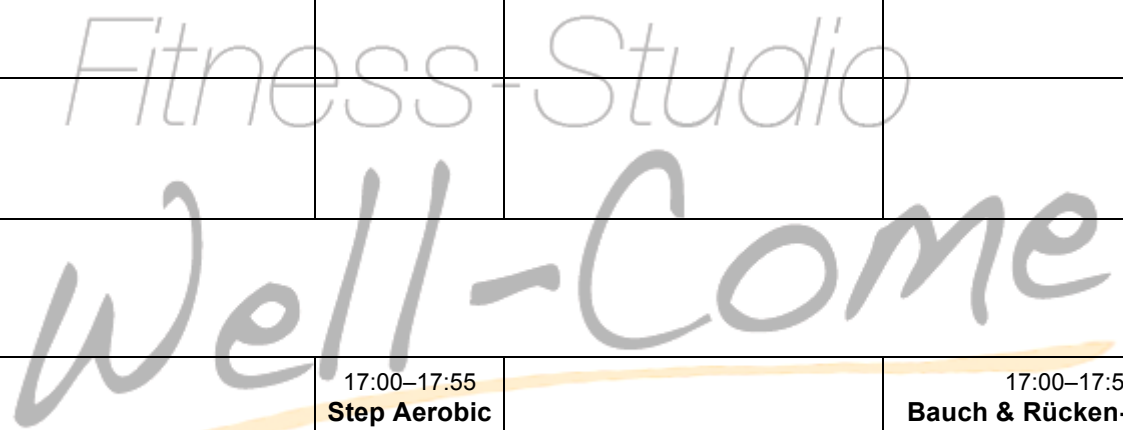







Kursplan

(Gültig ab 01.02.2018)

Montag		Dienstag		Mittwoch	Donnerstag		Freitag		Sonntag		
9:30–10:25 Body Styling Level: alle				9:30–10:25 Bauch & Rücken-Workout Level: alle							
		10:00–10:55 Jumping Fitness®  Level: alle	10:00–10:55 Wirbelsäulengymnastik Level: alle		10:00–10:55 Fatburner Step Level: E/M		10:00–10:55 Body Styling Intervall Level: alle				
										11:00–11:55 Step Aerobic Level: M/F	
										12:00–12:55 Body Styling Level: alle	12:00–12:55 Jumping Fitness®  Level: alle
											
17:00–17:55 Wirbelsäulengymnastik Level: alle				17:00–17:55 Step Aerobic Level: F			17:00–17:55 Bauch & Rücken-Workout Level: alle				
18:00–18:55 Body Styling Level: alle	18:00–18:55 Jumping Fitness®  Level: alle	18:00–18:55 Bauch/Beine/Po Level: alle		18:00–18:55 Body Styling Level: alle	18:00–18:55 Power Rücken Level: alle		18:00–18:55 Step & Tone Level: M/F	18:00–18:55 Jumping Fitness®  Level: alle			
19:00–19:55 Indoor Cycling Level: alle	19:00–19:55 Aerobic & Tone Level: alle	19:00–19:55 Basic Step Level: E	19:00–19:55 Jumping Fitness®  Level: alle	19:00–19:55 Jumping Fitness®  Level: alle	19:00–19:55 Jumping Fitness®  Level: alle	19:00–19:55 Indoor Cycling Level: alle					