








Kursplan

(Gültig ab 01.03.2018)

Montag		Dienstag		Mittwoch	Donnerstag		Freitag		Sonntag	
9:30–10:25 Body Styling <i>Level: alle</i>				9:30–10:25 Bauch & Rücken-Workout <i>Level: alle</i>						
		10:00–10:55 Jumping Fitness  <i>Level: alle</i>	10:00–10:55 Wirbelsäulengymnastik <i>Level: alle</i>		10:00–10:55 Fatburner Step <i>Level: E/M</i>	10:00–10:55 Body Styling Intervall <i>Level: alle</i>				
									11:00–11:55 Step Aerobic <i>Level: M/F</i>	
									12:00–12:55 Body Styling <i>Level: alle</i> und Piloxing <i>Level: M</i> im 14täglichen Wechsel	12:00–12:55 Jumping Fitness  <i>Level: alle</i>
17:00–17:55 Wirbelsäulengymnastik <i>Level: alle</i>				17:00–17:55 Step Aerobic <i>Level: F</i>			17:00–17:55 Bauch & Rücken-Workout <i>Level: alle</i>			
18:00–18:55 Body Styling <i>Level: alle</i>	18:00–18:55 Jumping Fitness  <i>Level: alle</i>	18:00–18:55 Aerobic & Tone <i>Level: alle</i>		18:00–18:55 Body Styling <i>Level: alle</i>	18:00–18:55 Power Rücken <i>Level: alle</i>		18:00–18:55 Step & Tone <i>Level: M/F</i>	18:00–18:55 Jumping Fitness  <i>Level: alle</i>		
19:00–19:55 Indoor Cycling <i>Level: alle</i>	19:00–19:55 Piloxing <i>Level: M</i>	19:00–19:55 Basic Step <i>Level: E</i>	19:00–19:55 Jumping Fitness  <i>Level: alle</i>	19:00–19:55 Jumping Fitness  <i>Level: alle</i>	19:00–19:55 Jumping Fitness  <i>Level: alle</i>	19:00–19:55 Indoor Cycling <i>Level: alle</i>				

Fitness-Studio
Well-Come