

Kursplan

(Gültig ab 01.03.2019)

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 TRX® 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 TRX® Level: alle	18:00–18:55 Aerobic & Tone 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 Zumba® Fitness Level: M	19:00–19:55 Jumping Fitness® Level: alle		19:00–19:55 Jumping Fitness® Level: alle	19:00–19:55 Yoga Level: alle	19:00–19:55 Jumping Fitness® Level: alle	19:00–19:55 Indoor Cycling Level: alle				
20:00–20:55 TRX® Level: alle											

Fitness-Studio
Well-Come