

# UNSER KURSPLAN



Gültig ab 31.01.2022

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>09.30 - 10.30</b> Rücken Fit		<b>09.30 - 10.30</b> Rücken Fit		<b>09.30 - 10.30</b> Gymnastik	<b>09:30-10:30</b> Jumping Fitness	<b>09:30-10:30</b> Jumping Fitness
<b>10.30 - 11.15</b> Pilatis				<b>10.30 - 11.30</b> Yoga		
<b>17.50 - 18.10</b> Bauchkiller						
<b>18.15 - 19.15</b> Push-It	<b>17.00 - 18.00</b> Les Mills Core Mix		<b>17.30 - 18.40</b> LM BodyPump und Bauch			
<b>19.15 - 20.00</b> BBP	<b>18.05 - 19.05</b> Indoor Cycling	<b>18.15 - 19.15</b> Zumba Fitness	<b>18.40 - 19.30</b> Yoga	<b>18.05 - 19.05</b> Indoor Cycling		
<b>20.00 - 21.00</b> Zumba Fitness	<b>19.15 - 20.15</b> Jumping Fitness	<b>19.20 - 20.15</b> Bodyforming	<b>19.30 - 20.30</b> Zumba Toning	<b>19:05- 20:05</b> Indoor Cycling		

