

Kursplan

Montag 09:00-21:00	Dienstag 09:00-21:00	Mittwoch 09:00-21:00	Donnerstag 09:00-21:00	Freitag 09:00-20:00	Samstag 09:00-15:00	Sonntag 10:00-15:00
	09:15 Mobility meets 75 min Funktionell Toning				09:00 Jumping 60 min	
09:30 Indoor Cycling 60 min		09:30 Kanga Training 60 min	09:30 Good Morning Pilates 45 min	09:30 Pilates Workout 45 min	10:00 Bellicon Health 45 min	
10:45 Ger. Pilates L 2 45 min	10:45 Ger. Pilates L 1 45 min	09:30 Ger. Pilates L 2 45 min	10:20 Stretching 30 min			10:15 Muscle Power 60 min
					11:00 Zumba 60 min	11:30 Pilates Workout 45 min
					12:00 Ger. Pilates L 2 45 min	12:45 Hula Hoop Einsteiger 30 min
						13:30 Ger. Pilates L 1 45 min
			16:15 Jumping 60 min	16:30 Ger. Pilates L 1 45 min		
17:00 Pilates Workout 45 min	17:00 Ger. Pilates MIX 45 min	17:00 Ger. Pilates L 1 45 min	17:30 Indoor Cycling 45 min	17:30 Power Pilates 45 min		
17:15 Ger. Pilates L 1 45 min						
18:15 Zumba 60 min	18:00 Muscle Power 60 min	18:00 Strong by Zumba 60 min				
			18:30 Ger. Pilates L 2 45 min			
19:30 Jumping 45 min	19:15 Pilates/ Barre 45 min	19:15 Kibo mit Stand Boxesack 60 min	19:15 Vinyasa Yoga 60 min			