

Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00 - 21:00	9:00 - 22:00	9:00 - 21:00	9:00 - 22:00	9:00 - 20:00	9:00 - 15:00	10:00 - 15:00
Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	09:15 60 min Functional Body Shaping				09:00 60 min Jumping	
09:30 60 min Bicycle Race		09:30 45 min Pilates	09:30 60 min Kanga extern	09:30 45 min Pilates		
	10:15 45 min 3D Rücken	10:15 30 min Barre Stretching*		10:15 30 min Stretching	10:15 60 min Zumba	10:15 60 min Muscle Power
10:45 45 min Pilates			10:45 45 min Pilates			
14:00 60 min Kanga extern			16:45 60 min Jumping		11:30 60 min STRONG by Zumba	11:30 45 min Pilates
17:30 45 min Indoor Cycling	18:00 60 min Muscle Power	17:00 45 min Strong Core	18:00 60 min Jumping	17:30 45 min Pilates		
18:30 60 min Zumba		18:00 60 min Zumba	18:30 30 min Fitness-Boxen	18:30 45 min Barre Workout*		
	19:15 60 min KiBo-Training	19:00 45 min Fatburn Pilates	19:15 30 min Fitness-Boxen			
19:30 45 min Pilates			19:15 45 min Tabata Zirkel BBP			
		20:00 60 min Kanga burn - extern	20:00 45 min Indoor Cycling			

unter Vorbehalt, Änderungen möglich

*max.8 Personen