

KURSPLAN

MONTAG

08:00-9:30	1	Asthanga Yoga
18:00-19:00	FA	TRX Workout
18:30-19:30	1	Jumping Fitness*
19:15-20:30	2	Indoor Cycling

DIENSTAG

09:00-10:00	1	Power Vinyasa Yoga*
11:00-12:00	FZ	Five Faszientraining
17:15-18:15	2	Kenter BSG
18:30-19:30	1	Power Dumbbell
19:30-20:00	1	XLNC Abs

MITTWOCH

18:00-19:00	FA	Indoor Crossfit*
18:15-19:15	1	Bauch Beine Po
19:15-20:15	1	Jumping Fitness*
19:15-20:30	2	Indoor Cycling

DONNERSTAG

15:00-16:00	FZ	Five Faszientraining
16:45-17:30	1	XLNC Dance Kids**
18:00-19:00	2	XLNC Dance*
18:30-19:30	1	Power Dumbbell
19:00-20:00	2	Power Vinyasa Yoga
19:30-20:00	1	XLNC Abs

FREITAG

09:00-10:00	1	XLNC Dance
10:00-11:00	1	Bodystyling
17:00-18:00	2	Intervall Training *
17:45-18:45	1	Asthanga Yoga
18:30-19:45	2	Indoor Cycling

SAMSTAG

SONNTAG

9:30-10:30	1	XLNC Dance
10:30-11:30	1	Piloxing/BBP

FA = Functional Area

FZ = Faszienbereich

1 = Kursraum 1

2 = Kursraum 2

* Ab 01.09.2017

** ab 01.07.2017