

KURSPLAN

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

08:00-9:30 Asthangas Yoga	1	09:00-10:00 Pilates	1		15:00-16:00 FZ Five Faszientraining	09:00-10:00 Zumba	1	
10:15-11:15 Wähle deinen Kurs	1	10:00-11:00 Wirbelsäulengymnastik	1			10:00-11:00 Bodystyling	1	
		11:00-12:00 FZ Five Faszientraining	FZ					
				17:00-18:00 Asthangas Yoga	2			
17:30-18:15 Functional Workout	FA	17:15-18:15 Kenter BSG	1	17:30-18:15 TRX Workout	FA			9:30-10:30 Zumba
18:00-19:00 Wähle deinen Kurs	1	18:15-19:15 Indoor Cycling FDW	2	18:15-19:15 Bauch Beine Po	1	18:30-19:30 Power Dumbbell	1	10:00-11:00 Indoor Cycling
18:15-19:00 TRX Workout	FA	18:30-19:30 Power Dumbbell	1	18:15-19:00 Functional Workout	FA	19:30-20:45 Tae Bo	1	10:30-11:30 Piloxing/BBP
		19:30-20:15 Zumba	2	19:15-20:15 Intervall Training	1	19:30-20:00 XLNC Abs	2	
19:15-20:30 Indoor Cycling	2	19:30-20:00 XLNC Abs	1	19:15-20:30 Indoor Cycling	2			
		20:15-21:15 Power Vinyasa Yoga	2					

SONNTAG

FA = Functional Area

FZ = Faszienbereich

1 = Kursraum 1

2 = Kursraum 2