

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
08:15-09:15 Reha Sport	08:00-09:00 Mindful Morning Yoga	09:00-10:00 Aktiv 60+	09:00-10:00 Pilates		09:30-10:30 Indoor Cycling
09:30-10:30 Reha Sport					09:30-10:30 Yoga (Asthangar-Remix)
					10:45-11:45 Yoga (Asthangar-Remix)
				12:30-13:30 Jumping Fitness	
		17:00-18:00 Move & lift to the Beat		16:00-17:00 Basic Power	
17:00-18:00 Funktionelles Training	17:00-18:00 BBP	18:00-19:00 Indoor Cycling	17:00-18:00 Langhantel Workout	17:00-18:00 Indoor Cycling	09:15-10:15 XLNC Fit Mix
18:00-19:00 Indoor Cycling	18:15-19:15 Sling Training	18:15-19:15 XLNC Fit Mix	18:15-19:15 Indoor Cycling	18:30-19:30 Indoor Cycling	10:00-11:00 Indoor Cycling
18:15-19:15 Faszientraining	19:00-20:00 Power Vinyasa Yoga	19:30-20:30 Indoor Cycling - Beginner	18:15-19:15 Fullbody Workout	19:00-20:00 Pilates	10:30-11:30 BBP
19:30-20:30 Zumba	19:30-20:30 Bodystyling	19:30-20:30 Step Aerobic			

1 = Kursraum 1

2 = Kursraum 2

* = Outdoor

Bitte beachten sie die Mindestteilnehmerzahl von 5 Personen

SONNTAG