

# KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
08:00-9:00 Yoga (M) 1	09:00-10:00 Funktionelles Training (M) 1	09:00-10:00 Reha Sport 1 10:00-11:00 Rücken Aktiv (L) 1 11:00-12:00 Reha Sport 1	09:00-10:00 Bodystyling (M) 1	09:00-10:00 World Jumping Fitness (M) 1	10:45-11:45 Yoga (M) 1
				15:15-16:15 Reha Sport 1	
	17:30-18:30 Zumba (M) 2 18:00-19:00 Power Dumbell (M) 1				<b>SONNTAG</b>
17:30-18:30 Funktionelles Training (H) 1 18:30-19:30 World Jumping Fitness (M) 1 19:15-20:30 Indoor Cycling (H) 2 19:30-20:30 Sling-Training (M)* 1	18:30-19:30 Toso X (M) 2 19:15-20:15 Step Aerobic I (M) 1 19:30-20:30 Power Vinyasa Yoga 2 20:15-21:15 Step Aerobic II (H) 1	17:30-19:30 Pilates (M) 1 18:00-19:00 Indoor Cycling (M)* 2 18:30-19:30 Bodystyling 1 19:15-20:30 Indoor Cycling (M) 2	18:00-19:00 Zumba (M) 2 18:30-19:30 Power Dumbell (H) 1 19:00-20:00 Toso X (M) 2 19:30-20:00 XLNC ABS(H) 1	17:15-18:15 Indoor Cycling (M)* 2 17:30-18:30 Yoga (M/H) 1 18:30-19:45 Indoor Cycling (M) 2	10:00-11:15 Indoor Cycling (M) 2 10:30-11:30 BBP (H) 1
L= Leicht	M = Mittel	H = Hoch		*NEU ab 01.10.2019	
		1 = Kursraum 1	2 = Kursraum 2	Bitte beachten sie die Mindestteilnehmerzahl von 3 Personen	