

# KURSPLAN

## MONTAG

08:30-9:30	1	Rehasport
09:45-10:45	1	Rehasport
17:30-18:30	1	Funktionelles Training
18:45-19:45	1	World Jumping Fitness
19:00-20:00	2	Indoor Cycling

## DIENSTAG

09:00-10:00	1	Funktionelles Training
17:30-18:30	1	Sling Training
19:00-20:00	2	Power Vinyasa Yoga
19:15-20:15	1	Step Aerobic

## MITTWOCH

08:30-09:30	1	Yoga
18:00-19:00	1	XLNC Fit Mix
19:00-20:00	2	Indoor Cycling

1 = Kursraum 1

## DONNERSTAG

18:00-19:00	1	Bodystyling
19:15-19:45	1	XLNC HIIT
20:00-20:30	1	After Work Flexibility

2 = Kursraum 2

## FREITAG

17:00-18:00	2	Indoor Cycling
17:30-18:30	1	Yoga
18:30-19:30	2	Indoor Cycling
18:45-19:45	1	Sling Training

## SAMSTAG

09:30-10:30	1	Bodystyling
11:00-12:00	1	Yoga (Astanga-Remix)

## SONNTAG

09:15-10:15	1	XLNC Fit Mix
10:00-11:00	2	Indoor Cycling
10:30-11:30	1	BBP

Bitte beachten sie die Mindestteilnehmerzahl von 5 Personen