

KURSPLAN

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

08:00-9:00 Yoga (M) 1	09:00-10:00 Funktionelles Training (M) 1	08:00-09:00 Reha Sport 1 09:15-10:15 Rücken Aktiv (L) 1	09:00-10:00 deepWORK® (M) * 1	09:00-10:00 World Jumping Fitness (M) 1	11:00-12:00 Yoga (M) 1
17:30-18:30 Funktionelles Training (H) 1	17:30-18:30 Zumba (M) 2 18:00-19:00 Power Dumbell (M) 1	17:30-18:30 Pilates (M) 1	18:30-19:30 Indoor Cycling (M) 1	17:15-18:15 Indoor Cycling (M) 2 17:30-18:30 Yoga (M/H) 1	10:00-11:00 Indoor Cycling (M) 2 10:30-11:30 BBP (H) 1
18:30-19:30 Indoor Cycling (M) 2	18:45-19:45 Toso X (M) 2	18:45-19:45 deepWORK® (M) 1	18:30-19:30 Power Dumbell (H) 1	18:30-19:00 Indoor Cycling (M) 2	
18:45-19:45 World Jumping Fitness (M) 1	19:15-20:15 Step Aerobic I (M) 1	19:00-20:00 Indoor Cycling (M) 2	19:45-20:15 XLNC ABS(H) 1		
20:00-21:00 Indoor Cycling (H) 2	20:00-21:00 Power Vinyasa Yoga 2				
20:00-21:00 Sling-Training (M) 1	20:30-21:30 Step Aerobic II (H) 1				
L= Leicht	M = Mittel	H = Hoch		*NEU ab 11.09.2020	

SONNTAG

1 = Kursraum 1

2 = Kursraum 2

Bitte beachten sie die Mindestteilnehmerzahl von 5 Personen