

# KURSPLAN

## MONTAG

08:00-9:00	1
Asthanga Yoga (M/H)	
10:00-11:00	2
Indoor Cycling (L/M)	
17:30-18:30	1
Funktionelles Training (H)	
18:35-19:35	1
World Jumping Fitness (M)	
19:15-20:30	2
Indoor Cycling (H)	
L= Leicht	

## DIENSTAG

09:00-10:00	1
Funktionelles Training (M)	
17:15-18:15	1
Zumba (M)	
18:15-19:15	1
Toso X (H)	
18:10-19:10	2
Indoor Cycling (M)*	
19:20-20:20	1
Step Aerobic I (M)	
20:20-21:20	1
Step Aerobic II (H)	
M = Mittel	

## MITTWOCH

09:00-10:00	1
Reha Sport	
10:00-11:00	1
Rücken Aktiv (L)	
11:15-12:15	1
Reha Sport	
17:30-18:15	1
TRX Workout (M)	
18:30-19:30	1
Power Dumbell (M)	
18:30-20:30	2
Yoga (H)	
19:35-20:35	1
World Jumping Fitness (H)	
19:45-21:00	2
Indoor Cycling (M)	
H = Hoch	

1 = Kursraum 1

## DONNERSTAG

09:00-10:00	1
Bodystyling (M)	
17:30-18:30	1
Zumba (M)	
17:45-18:45	2
Indoor Cycling (M)	
18:30-19:30	1
Power Dumbell (H)	
19:00-20:00	2
Toso X (M)	
19:30-20:00	1
XLNC ABS (H)	

2 = Kursraum 2

## FREITAG

09:00-10:00	1
World Jumping Fitness (M)	
17:45-18:45	1
Asthanga Yoga (M/H)	
18:30-19:45	2
Indoor Cycling (M)	
19:00-20:00	1
Triathlon Training (Verein)	
20:00-21:15	2
Indoor Cycling (M)*	
*bis 31.03.2019	

Bitte beachten sie die Mindestteilnehmerzahl von 3 Personen

## SAMSTAG

9:30-10:30	1
Mobility (M)	
10:00-11:15	2
Indoor Cycling (M)	
10:30-11:30	1
BBP (H)	

## SONNTAG