

Kursplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag



Wir leben Sport.

		08:15 - 09:00 Body Workout		08:45 - 09:30 WSG		
09:30 - 10:15 Core	09:30 - 10:15 WSG	09:15 - 10:00 Step		09:45 - 10:15 Beckenboden	10:00 - 10:45 Zumba (2-wöchig)	
	10:30 - 11:00 BALLance	09:15 - 10:00 Indoor-Cycling		10:30 - 11:15 WSG	10:45 - 11:30 Bodyworkout (2-wöchig)	
		10:15 - 11:15 Rücken-Yoga		11:15 - 11:45 Beckenboden		
		11:15 - 12:15 Rücken-Yoga				
			15:00 - 16:00 Fit Ü 50			
17:30 - 18:15 Core		18:00 - 18:45 TRX		17:45 - 18:30 Step		
18:00 - 19:00 Hot Iron Cross	18:00 - 18:45 WSG	18:00 - 19:00 Yoga for You	17:15 - 18:15 Yoga (2-wöchig)	18:00 - 18:45 TRX		Kursraum 1
		18:45 - 19:30 Functional Training	17:30 - 18:15 WSG	18:30 - 19:00 BBP		Kursraum 2
19:00 - 20:00 Run Club	19:00 - 19:45 Zumba	19:00 - 20:00 Hot Iron 1	18:15 - 18:45 BALLance	18:45 - 19:15 Mobility		Functional-Raum
19:15 - 20:00 Indoor-Cycling	19:00 - 20:00 Yoga for You	19:15 - 20:00 Latin Dance	19:30 - 20:15 Body Workout	19:15 - 20:15 Power-Cycling		
		19:30 - 20:00 Mobility				

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