


KURSPLAN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
VORMITTAG			(K) 09:30–10:10 Cycle Well 			
			(K) 10:15–11:00 Rückenfit			(K) 10:30–11:30 Power Dumbbell
NACHMITTAG / ABEND					(K) 16:30–17:30 Fitter Start in's Wochenende	
	(F) 17:30–17:45 Bauchexpress			(F) 17:30–17:45 Bauchexpress		
	(F) 18:00–18:45 Functional Training	(F) 18:00–18:15 Bauchexpress	(F) 18:00–18:45 Functional Training	(K) 17:45–18:40 Sky Boxing		
	(K) 18:45–19:30 Bauch & Rücken	(K) 18:30–19:25 Yoga 	(K) 18:45–19:30 Rückenfit	(K) 18:45–19:30 Pilates	(K) 19:00–19:45 Stretch & Relax	
	(K) 19:30–20:15 Fitness Stepmix	(K) 19:30–20:25 Yoga 	(K) 19:45–20:45 Indoor Cycling 	(K) 19:45–20:30 Power Dumbbell		
	(F) 19:30–20:15 Functional Training					

Bauch
Ganzkörpertraining
Starker Rücken
Herzpower
Mentaltraining

- (F) Trainingsfläche
- (K) Kursraum
-  Voranmeldung