















Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Kurse vormittags		Samstag
 - BBP 10.30-11.15 <small>powered by transatlanticfitness.com</small>	 10.30 -11.30	Hatha Yoga Flow 10.30 - 11.30	BALLance/Stretch 09.45 – 10.30	Bodystyling 10.30 – 11.15			Pilates 09.45 – 10.45
	 - STRETCH 11.30 -12.00 <small>powered by transatlanticfitness.com</small>	 Rücken  Ausdauer/ Stoffwechsel  Kräftigung			Pilates 10.30 – 11.30	BALLance/Stretch 11.15 – 12.00	 12.00 -13.00  14.00 -15.00 
Kidsclub	findet nicht statt !						
WSG 17.45 - 18.30	Pilates 17.30 - 18.15	 18.00 -19.00	Step classic 18.00 – 18.45	ZUMBA Special 17.15 - 18.15			Sonntag Step Medium oder Zumba Step 11.00 - 12.00
 18.30 -19.30	Step Burner 18.15 – 19.00	ABS-only 19.00 – 19.30	BBP 18.45 – 19.30	Yoga Special 18.15 – 19.30			BBP 12.00 - 13.00
Pilates 19.45 – 20.30	 - BAUCH 19.00 - 19.30 <small>powered by transatlanticfitness.com</small>	BALLance/Stretch+ R ü cken 19.45 – 20.30	Pilates 19.30 - 20.15	WSG 20.00 – 21.00			
Fit Yoga Basic 20.30 – 21.30	ZUMBA 19.30 - 20.25		Bauch+Rücken 20.15 – 21.00				
Indoor Cycling 19.15 - 20.15	 20.25 - 21.25						
					Unsere Öffnungszeiten Mo – Fr 07.30 - 22.30 Uhr Sa 09.00 – 19.00 Uhr So 10.30 – 18.00 Uhr		
					Kurse abends		

Tel. 069/ 49 80 799 Kursplan gültig ab dem 14.08.2017, Änderungen vorbehalten!