


KURSPLAN

gültig ab dem 07. Oktober 2019,

Änderungen vorbehalten!

Montag Dienstag Mittwoch Donnerstag Freitag Samstag

ZUMBA
09.30 - 10.30

 BALLance
9.45 - 10.30

TRX + Pilates
9.45-10.30

Pilates
09.45 - 10.45

TRX + BBP
10.30 -11.15

LES MILLS
BODYPUMP
10.30 -11.30


Hatha Yoga Flow
10.30 - 11.30

Pilates
10.30 - 11.30

Bodystyling
10.30 - 11.15

LES MILLS
BODYPUMP
11.00 -12.00

TRX + STRETCH
11.30 -12.00

 BALLance
11.15 - 12.00

LES MILLS
BODYPUMP
12.00-13.00

WSG
17.45 - 18.40

LES MILLS
BODYCOMBAT
13.00-14.00

LES MILLS
BODYPUMP
18.40 -19.40

Pilates
17.30 - 18.30

LES MILLS
BODYPUMP
18.00-19.00

ZUMBA
18.30 - 19.25

Sonntag

Pilates
19.45 - 20.30

Step II
18.30 - 19.30

TRX + Bauch
19.00-19.45


Pilates
19.30 - 20.15

Yoga Special
18.15 - 19.30

Step III
11.00 - 12.00

Fit Yoga Basic
20.30 - 21.30

ZUMBA
19.30 - 20.25

 BALLance
19.45 - 20.30

Bauch+Rücken
20.15 - 21.00

WSG
19.30 - 20.30

BBP
12.00 - 13.00

Indoor Cycling
19.15 - 20.15

LES MILLS
BODYPUMP
20.25 - 21.25