

KURSPLAN

gültig ab dem 19. August 2019,

Änderungen vorbehalten!

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			BALLance 9.45 – 10.30	+ Pilates 9.45-10.30	Pilates 09.45 – 10.45
TRX + BBP 10.30 -11.15	10.30 -11.30	Hatha Yoga Flow 10.30 - 11.30	Pilates 10.30 – 11.30	Bodystyling 10.30 – 11.15	11.00 -12.00
	+ STRETCH 11.30 -12.00			BALLance 11.15 – 12.00	12.00-13.00
WSG 17.45 - 18.40					13.00-14.00
18.40 -19.40	Pilates 17.30 - 18.30	18.00-19.00			Sonntag
Pilates 19.45 – 20.30	Step II 18.30 – 19.30	+ 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	20.25 - 21.25				