

# KURSPLAN GÜLTIG AB 20.12.16

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
9:30 – 11:00 YOGA		9:30 – 10:30 PILATES	9:30 – 10:30 LES MILLS BODYBALANCE			
9:30 – 10:00 FREEMOTION	10:30 – 11:30 MEIN RÜCKEN	10:30 – 11:30 CYCLING	10:30 – 11:00 MEIN BAUCH	10:00 – 11:30 NORDICWALKING		10:30 – 11:30 LES MILLS BODYPUMP
10:00 – 10:30 FUNEXPRESS	11:30 – 12:00 BLACKROLL		11:00 – 11:30 FREEMOTION	11:30 – 12:30 five	11:00 – 12:00 deep work	11:30 – 12:30 LES MILLS LMI STEP
11:00 – 11:30 BLACKROLL					12:00 – 13:00 KamiBo®	11:30 – 12:30 CYCLING
16:30 – 17:30 LES MILLS LMI STEP	17:00 – 18:00 LES MILLS BODYBALANCE					
17:30 – 18:30 LES MILLS BODYPUMP	18:00 – 19:00 five	17:00 – 18:00 deep work	17:00 – 18:00 PILATES	17:30 – 18:30 MEIN RÜCKEN		
18:00 – 19:00 five	18:00 – 19:00 deep work	18:00 – 19:00 ZUMBA	18:00 – 19:00 HIIT UP!	18:30 – 19:00 BLACKROLL		
18:30 – 19:30 ZUMBA	19:00 – 19:30 FUNEXPRESS	18:00 – 19:00 FUN	18:00 – 19:00 YOGA	19:00 – 20:00 ZUMBA		
19:30 – 20:00 HIIT UP!	19:00 – 20:00 DANCEGROOVES	19:00 – 19:30 FREEMOTION	19:00 – 20:00 KamiBo®			
19:30 – 20:30 CYCLING	19:00 – 20:00 CYCLING	19:00 – 19:30 MEIN BAUCH	19:30 – 20:30 CYCLING			
20:00 – 21:00 PILATES	20:00 – 21:00 KamiBo®	19:30 – 21:00 YOGA	20:00 – 21:00 deep work			

Was?

- CARDIO
- FASZIEN
- SHAPE
- KRAFT

Wo?

- GOLDENER SAAL
- BLACK CYCLING DOME
- FUNC BOX
- FIVE-BEREICH
- FREEMOTION-BEREICH
- OUTDOOR