

KURSE

Für die Kurse
Cycle, Cross Training
und Jumping bitte
vorher anmelden.

move
das Sportstudio
für die Frau

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
MOVE 1	MOVE 2	MOVE 1	MOVE 2	MOVE 1	MOVE 2	MOVE 1	MOVE 2	MOVE 1	MOVE 2	MOVE 1	MOVE 2	MOVE 1	MOVE 2
10:00 - 11:00 RÜCKENFIT Diane		10:30 - 11:30 FIT MIX Diane	10:00 - 11:00 CYCLE Jenny	11:00 - 12:00 PILATES Julia		10:00 - 11:30 YOGA Jenny		10:00 - 11:00 WORKOUT Diane	09:15 - 10:15 LANG-HANTEL 60+ Julia		10:15 - 11:15 CROSS TRAINING Dirk/Kerstin		12:00 - 13:00 SUNDAY SPECIAL wechselnd
11:15 - 11:45 POWER INTERVALL Diane									16:00 - 17:00 JUMPING Jenny			13:00 - 14:15 YOGA Hanna	
17:15 - 18:45 YOGA Maren	17:00 - 18:00 CROSS TRAINING Dirk		17:00 - 18:00 CROSS TRAINING Dirk			17:00 - 18:00 BBP Kerstin	17:00 - 17:45 PILATES Jenny	17:00 - 18:00 PILATES Hanna	17:15 - 18:15 CYCLE Sandra				
	18:30 - 19:30 JUMPING Elisabeth	18:00 - 19:00 FATBURNER Kerstin	18:30 - 19:30 CYCLE Sandra	18:00 - 19:00 STEP 2 Indra	18:00 - 19:00 CROSS TRAINING Sandra	18:00 - 18:45 BAUCH & ARME Elisabeth	18:00 - 18:45 JUMPING Jenny						
19:00 - 20:00 ZUMBA Elena	19:45 - 20:45 IRON SYSTEM Nina			19:00 - 20:00 WORKOUT Indra			19:00 - 20:00 IRON SYSTEM Jenny						

KRÄFTIGUNG

AUSDAUER

BODY & MIND

DANCE