

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
											12:00 - 13:00 BAUCH & ARME Elisabeth/Dirk	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	16:30 - 17:30 JUMPING Jenny				
	18:30 - 19:30 JUMPING Elisabeth	18:00 - 19:00 FATBURNER Kerstin	18:00 - 19:00 CROSS TRAINING Dirk		18:00 - 19:00 JUMPING INTERVALL Elisabeth	18:00 - 18:45 BAUCH & ARME Elisabeth	18:00 - 18:45 JUMPING Jenny		18:15 - 19:15 CYCLE Sandra				
19:00 - 20:00 ZUMBA Elena	19:45 - 20:45 IRON SYSTEM Nina		19:15 - 20:15 CYCLE Sandra	19:00 - 20:15 YOGA Melek	19:15 - 20:15 BOOTY BURNER Sandra		19:00 - 20:00 IRON SYSTEM Jenny						

KRÄFTIGUNG

AUSDAUER

BODY & MIND

DANCE