KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10:00 - 11:00 **RÜCKEN FIT** MOVE 1	**10:00 - 11:00** **CYCLE** MOVE 2		**9:30 - 10:15** **MORNING MOBILITY** MOVE 2	**09:30 - 10:30** **LANGHANTEL 60+** MOVE 2	**10:15 - 11:15** **CROSS TRAINING** MOVE 2	**12:00 - 13:00** **SUNDAY SPECIAL** MOVE 2
11:00 - 12:00 **FIT MIX** MOVE 1		**11:00 - 12:00** **PILATES** MOVE 1	**10:00 - 11:30** **YOGA** MOVE 1	**10:00 - 11:00** **WORKOUT** MOVE 1	**12:00 - 13:00** **BAUCH & ARME** MOVE 2	**13:00 - 14:15** **YOGA** MOVE 1
17:00 - 18:00 **CROSS TRAINING** MOVE 2	**17:00 - 18:00** **CROSS TRAINING** MOVE 2		**17:00 - 17:45** **PILATES** MOVE 2	**16:30 - 17:30** **JUMPING** MOVE 2		
17:15 - 18:45 **YOGA** MOVE 1			**17:00 - 18:00** **BBP** MOVE 1	**17:30 - 18:15** **HIIT** MOVE 1		
18:30 - 19:30 **JUMPING** MOVE 2	**18:00 - 19:00** **CROSS TRAINING** MOVE 2	**18:00 - 19:00** **JUMPING INTERVALL** MOVE 2	**18:00 - 18:45** **JUMPING** MOVE 2	**18:15 - 19:15** **CYCLE** MOVE 2		
	18:00 - 19:00 **FATBURNER** MOVE 1	**18:00 - 19:00** **PILATES** MOVE 1	**18:00 - 18:45** **BAUCH & ARME** MOVE 1			
19:00 - 20:00 **ZUMBA** MOVE 1	**19:15 - 20:15** **CYCLE** MOVE 2	**19:00 - 20:00** **YOGA** MOVE 1	**19:00 - 20:00** **IRON SYSTEM** MOVE 2			
19:45 - 20:45 **IRON SYSTEM** MOVE 2		**19:15 - 20:15** **BOOTY & ABS** MOVE 2				

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