

# Kursplan

(Gültig ab 01.03.2020)

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Sonntag	
9:30–10:25 <b>Body Styling</b> Level: alle				9:30–10:25 <b>Bauch &amp; Rücken-Workout</b> Level: alle							
		10:00–10:55 <b>Jumping Fitness®</b> Level: alle	10:00–10:55 <b>Wirbelsäulengymnastik</b> Level: alle			10:00–10:55 <b>Fatburner Step</b> Level: E/M		10:00–10:55 <b>Body Styling Intervall</b> Level: alle			
										11:00–11:55 <b>Step Aerobic</b> Level: M/F	
										12:00–12:55 <b>Body Styling</b> Level: alle	12:00–12:55 <b>Jumping meets TRX®</b> Level: alle
17:00–17:55 <b>Wirbelsäulengymnastik</b> Level: alle				17:00–17:55 <b>Step Aerobic</b> Level: F				17:00–17:55 <b>Bauch &amp; Rücken-Workout</b> Level: alle			
18:00–18:55 <b>Body Styling</b> Level: alle	18:00–18:55 <b>Medical Jump</b> Level: alle	18:00–18:55 <b>Aerobic &amp; Tone</b> Level: alle		18:00–18:55 <b>Body Styling</b> Level: alle		18:00–18:55 <b>Power Rücken</b> Level: alle		18:00–18:55 <b>Step &amp; Tone</b> Level: M/F	18:00–18:55 <b>Medical Jump</b> Level: alle		
19:00–19:55 <b>Indoor Cycling</b> Level: alle	19:00–19:55 <b>TRX®</b> Level: alle	19:00–19:55 <b>Jumping meets TRX®</b> Level: alle	19:00–19:55 <b>Jumping Fitness®</b> Level: alle	19:00–19:55 <b>Yoga</b> Level: alle	19:00–19:55 <b>Jumping Fitness®</b> Level: alle	19:00–19:55 <b>Indoor Cycling</b> Level: alle					
						20:00–20:55 <b>TRX®</b> Level: alle					

Fitness-Studio  
Well-Come