

# KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00-10:00 Cycling		9:00-10:00 Rücken Fit	09:30-10:00 Koordinations- training	9:15-10:15 Five Gymnastik		
9:15-10:00 Kinesis	9:30-10:15 Kinesis	10:00-10:45 Step	10:00-10:30 Bodytoning	9:30-10:15 Kinesis		
10:15-11:15 Best Age	10:30-11:30 Bodytoning		10:30-11:00 Rücken Fit	10:15-11:00 Bodytoning		10:30-11:30 Pilates
			11:00-11:30 Stretch & Relax			11:30-12:30 Langhantel
17:15-17:45 Kinesis	18:00-18:30 Core Workout	17:30-18:00 Kinesis	17:30-18:30 Functional Circuit	16:00-17:00 Five Gymnastik	15:00-16:00 Functional Circuit	
17:45-18:45 Bodytoning	18:30-19:30 Langhantel	18:00-18:45 Step	18:00-19:00 CROSSWORX CLUB® Athletic	18:00-19:00 Cycling	16:00-16:30 Stretch & Relax	
18:00-19:00 Cycling	18:30-19:15 Kinesis	18:00-19:00 Cycling	18:30-19:30 Dance Workout			
19:00-20:00 Yogalates	18:45-19:45 CROSSWORX CLUB® Athletic	18:45-19:15 Dance Workout	19:00-20:00 Cycling			
	19:45-20:45 Cycling	19:15-20:30 Yoga				