

# KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:15-10:15 <b>G1</b> Rücken Fit		9:15-10:15 <b>G1</b> Rücken Fit	09:30-10:15 <b>G1</b> Best Age	9:00-09:45 <b>G1</b> Orthopädie		
9:15-10:15 <b>G2</b> Faszien Fit & Entspannung	9:30-10:30 <b>G1</b> Yogalates	10:15-11:15 <b>G1</b> Bodytoning	10:15-11:30 <b>G1</b> Yoga	9:45-10:30 <b>G1</b> Best Age		
10:30-11:30 <b>G1</b> Best Age	10:30-11:15 <b>G1</b> Bodytoning			10:30-11:15 <b>G2</b> Fazien Fit & Five		11:15-12:00 <b>G1</b> Bodytoning
	11:15-12:00 <b>G1</b> Stretch & Relax			10:30-11:15 <b>G1</b> Zumba®		12:00-13:00 <b>G1</b> Pilates
18:00-19:00 <b>G1</b> Langhantel	18:00-19:00 <b>G1</b> Yoga	18:00-19:00 <b>G1</b> Zumba®	18:00-19:00 <b>G1</b> Functional Circuit	17:45-18:45 <b>G2</b> Functional Motion		16:00-17:00 <b>G1</b> Yoga
19:00-20:00 <b>G1</b> Zumba®	19:00-19:30 <b>G1</b> Meditation	18:00-19:00 <b>G2</b> Bodytoning	19:00-20:00 <b>G1</b> Piloxing	18:00-19:00 <b>G1</b> Langhantel		17:00-17:30 <b>G1</b> Meditation
19:00-20:00 <b>G2</b> Fit Fight	19:30-20:30 <b>G1</b> Step	19:00-20:15 <b>G2</b> Yoga		19:00-20:00 <b>G1</b> Fit Fight		UNSERE RÄUME
		19:00-19:45 <b>G1</b> Rücken Fit				<b>G1</b> Gym 1 <b>G2</b> Gym 2