


Kursplan


02.08.2021 - 08.08.2021

Montag 02.08.2021	Dienstag 03.08.2021	Mittwoch 04.08.2021	Donnerstag 05.08.2021	Freitag 06.08.2021	Samstag 07.08.2021	Sonntag 08.08.2021
10:30 - 11:20 Body & Mind	09:30 - 11:00 Yoga	09:30 - 10:55 Yoga	10:00 - 11:00 Indoor Cycling	09:30 - 10:25 Ganzkörperworkout	09:30 - 11:00 Yoga	10:30 - 11:30 LesMills Bodypump
11:30 - 12:25 Wirbelsäulengymnast...	18:00 - 18:50 Wirbelsäulengymnast...	11:05 - 11:25 Fatburner	10:00 - 11:00 LesMills Bodypump	10:35 - 11:30 Stretch & Mobility	11:00 - 12:00 Indoor Cycling	11:40 - 12:40 LesMills BodyBalanc...
18:30 - 19:30 Jumping Fitness	19:00 - 19:30 LesMills Core	11:35 - 12:30 Pilates	11:10 - 11:55 LesMills Core	16:15 - 17:15 LesMills BodyBalanc...		17:00 - 18:30 Fitness Fighting
19:15 - 20:15 Indoor Cycling	19:40 - 20:40 LesMills Bodypump	18:00 - 18:45 LesMills Bodypump	17:05 - 17:50 Step	17:30 - 18:30 LesMills Bodypump		
19:40 - 20:10 LesMills Core		18:55 - 19:55 Jumping Fitness	17:30 - 19:00 Yoga	18:45 - 19:45 Indoor Cycling		
		19:00 - 20:00 Indoor Cycling	18:00 - 18:45 Wirbelsäulengymnast...			
		20:00 - 21:30 Fitness Fighting	19:10 - 19:55 LesMills Core			
			20:00 - 21:00 Jumping Fitness			

 Entspannung

 Figur- und Muske...

 Reinigung

 Rücken und Gelen...

Stand: 04.08.2021