

KURSPLAN

Gültig ab: 02.04.2018



„die Top-Adresse für Gesundheit und Fitness“

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:15 - 09:45 TF Bauch / Rücken	09:30 - 10:15 KR1 Jumping - Basic	09:30 - 09:55 TF Bauch / Rücken	09:30 - 10:15 KR1 Basic	10:00 - 11:00 KR1 Age - Controle		
09:30 - 10:30 KR2 Indoor - Cycling	10:15 - 11:00 KR1 Bodyworkout ANNA	09:30 - 10:30 KR2 Indoor - Cycling	09:30 - 09:55 TF Bauch - Rücken	11:00 - 11:30 TF Funktionelles-Training Crossfit		
09:45 - 10:30 KR1 Bodytransformer	10:30 - 10:55 TF Bauch / Rücken	10:00 - 11:00 KR1 Pilates meets Bodystyling	10:15 - 11:00 KR1 STRONG by ZUMBA		10:30 - 10:55 TF Bauch - Rücken	10:30 - 10:55 TF Bauch - Rücken
10:30 - 10:45 KR1 POUND FITNESS Quki		11:00 - 11:30 KR1 Funktionelles-Training Crossfit			10:30 - 11:30 KR1 Basic	11:00 - 12:00 KR2 Indoor - Cycling
		17:00 - 17:15 TF Bauch-Workout		16:30 - 17:00 KR1 POUND - FITNESS-KIDS 12 - 16 Jahre		11:00 - 11:30 KR1 Funktionelles-Training Crossfit
17:30 - 18:00 KR1 Funktionelles-Training Crossfit	17:00 - 17:15 TF Bauch-Workout	17:30 - 18:15 KR1 POUND FITNESS	17:30 - 18:00 KR1 Funktionelles-Training Crossfit	17:00 - 17:30 KR1 Funktionelles-Training Crossfit		11:30 - 12:30 KR1 Sunday - Special
18:00 - 19:00 KR1 Box & Fight	17:15 - 18:00 KR1 Jumping - Kids 12 - 16 Jahre	18:30 - 19:30 KR1 Bodytransformer	18:00 - 19:00 KR1 Jumping -Basic	17:30 - 18:15 KR1 POUND FITNESS Shorty		15:00 - 15:15 TF Bauch - Workout
	18:00 - 19:00 KR1 STRONG by ZUMBA	18:30 - 20:00 KR2 Indoor - Cycling	18:30 - 18:55 TF Bauch-Rücken	18:15 - 19:15 KR1 STRONG by ZUMBA		
19:00 - 19:25 TF Bauch-Rücken	18:30 - 18:55 TF Bauch / Rücken	18:30 - 18:55 TF Bauch - Rücken	19:15 - 20:15 KR1 TABATA-CROSS	18:30 - 19:30 KR2 Indoor - Cycling		
19:00 - 19:45 KR1 Faszien Training	19:15 - 20:15 TF TABATA-CROSS	19:00 - 19:15 TF Bauch - Workout	20:15 - 21:15 KR1 Box - Workout	18:00 - 18:25 TF Bauch - Rücken		
19:00 - 20:00 KR2 Indoor Cycling		19:45 - 20:45 KR1 YOGA		19:15 - 20:15 KR1 Pilates		
19:45 - 20:45 KR1 Pilates						
20:45 - 21:30 KR1 Box-Workout						