

KURSPLAN

Gültig ab: 01.10.2018



„die Top-Adresse für Gesundheit und Fitness“

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	09:30 - 10:15 KR1 Jumping - Basic	09:30 - 09:55 TF Bauch / Rücken	09:30 - 10:15 KR1 JUMPING -BASIC	09:30 - 10:30 TF Indoor Cycling		
	10:15 - 11:00 KR1 Bodyworkout ANNA	10:00 - 11:00 KR1 Pilates meets Bodystyling	09:30 - 09:55 TF Bauch - Rücken	10:00 - 11:00 KR1 Age - Controle		
09:30 - 10:15 KR1 Bodytransformer	10:30 - 10:55 TF Bauch / Rücken		10:15 - 11:00 KR1 STRONG by ZUMBA		10:30 - 10:55 TF Bauch - Rücken	10:30 - 10:55 TF Bauch - Rücken
10:15 - 10:45 KR1 POUND FITNESS					10:30 - 11:30 KR1 JUMPING -BASIC	11:00 - 12:00 KR2 Indoor - Cycling
				16:30 - 17:00 KR1 POUND - FITNESS-KIDS 6 - 10 Jahre		11:00 - 11:30 KR1 Funktionelles-Training Crossfit
17:30 - 18:00 KR1 Funktionelles-Training Crossfit		17:30 - 18:00 KR1 Funktionelles-Training Crossfit	17:30 - 18:00 KR1 POUND New Generation	17:00 - 17:30 KR1 Funktionelles-Training Crossfit		11:30 - 12:30 KR1 Sunday - Special
18:00 - 19:00 KR1 Power- Speed Workout	17:15 - 18:00 KR1 Jumping - Kids 10 - 14 Jahre	18:00 - 18:30 KR1 POUND-FITNESS	18:00 - 19:00 KR1 JUMPING -BASIC	17:30 - 18:15 KR1 POUND FITNESS		15:00 - 15:15 TF Bauch - Workout
19:00 - 20:00 KR1 JUMPING MIX	18:10 - 19:00 KR1 STRONG by ZUMBA	18:30 - 19:30 KR2 Bodytransformer	18:30 - 18:55 TF Bauch-Rücken	18:15 - 19:15 KR1 STEP AEROBIC		
19:00 - 19:25 TF Bauch-Rücken	18:30 - 18:55 TF Bauch / Rücken	18:30 - 18:55 TF Bauch - Rücken	19:00 - 20:00 KR1 Body-Workout	18:00 - 18:25 TF Bauch - Rücken		
19:30 - 20:00 TF Faszien Training	19:00 - 20:00 KR1 Hot- Iron	18:30 - 20:00 TF Indoor Cycling	20:00 - 20:45 KR1 Box - Workout	19:15 - 20:15 KR1 Pilates		
18:30 - 19:00 KR2 Indoor Cycling intro		19:45 - 20:45 KR1 YOGA				
20:00 - 21:00 KR1 Pilates						