

# KURSPLAN

Gültig ab: 02.10.2017



„die Top-Adresse für Gesundheit und Fitness“

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:30 - 09:55  TF Bauch / Rücken	09:30 - 10:30  KR1 Jumping - Basic	09:30 - 09:55  TF Bauch / Rücken	09:30 - 10:30  KR1 Basic			
09:30 - 10:30  KR2 Indoor - Cycling	10:30 - 11:00  KR1 Funktionelles-Training Crossfit	09:30 - 10:30  KR2 Indoor - Cycling	10:30 - 11:00  KR1 Funktionelles-Training Crossfit			
09:30 - 10:15  KR1 Bodytransformer	11:00 - 11:25  TF Bauch / Rücken	10:00 - 11:00  KR1 Pilates		10:00 - 11:00  KR1 Age - Controle	10:30 - 10:55  TF Bauch - Rücken	10:30 - 10:55  TF Bauch - Rücken
10:15 - 10:45  KR1 POUND FITNESS		11:00 - 11:30  KR1 Funktionelles-Training Crossfit		11:00 - 11:30  TF Funktionelles-Training Crossfit	11:00 - 12:00  KR1 Basic	11:00 - 12:00  KR2 Indoor - Cycling
10:45 - 11:15  KR1 Funktionelles-Training Crossfit		17:00 - 17:15  TF Bauch-Workout			16:30 - 16:55  TF Bauch - Rücken	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 - 18:30  KR1 POUND FITNESS	17:30 - 18:00  KR1 Funktionelles-Training Crossfit	17:00 - 17:30  KR1 Funktionelles-Training Crossfit	17:00 - 17:45  KR1 Box - Workout	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		15:00 - 15:15  TF Bauch - Workout
	18:00 - 19:00  KR1 BOX-IN-SHAPE	18:30 - 20:00  KR2 Indoor - Cycling	18:30 - 18:55  TF Bauch-Rücken	18:15 - 19:15  KR1 Box & Fight		
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 HOT-IRON	18:30 - 19:30  KR2 Indoor - Cycling		
19:00 - 19:30  KR1 Faszien Training	19:00 - 19:30  TF Funktionelles-Training Crossfit	19:00 - 19:15  TF Bauch - Workout	20:30 - 21:15  KR1 Box - Workout	18:00 - 18:25  TF Bauch - Rücken		
19:00 - 20:00  KR2 Indoor Cycling	19:30 - 20:30  KR1 HOT-IRON	19:45- 20:45  KR1 YOGA		19:15 - 20:15  KR1 Pilates		
19:30 - 20:30  KR1 Pilates						
20:30 - 21:15  KR1 Box-Workout						