

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.00 - 9.50 Kompakt Workout	9.00 - 9.50 Bounce & Balance	9.00 - 9.50 Balance Workout	9.00 - 9.50 Rücken Workout	9.00 - 9.50 Kompakt Workout		10.00 - 10.50 Bodystyling
10.00 - 10.50 Jumping Fitness -bitte anmelden-	10.00 - 10.50 Faszientraining	10.00 - 10.50 Fitness-Yoga	10.00 - 10.50 Body Styling	10.00 - 10.50 Jumping Fitness -bitte anmelden-		11.00 - 11.50 Jumping Fitness
10.00 - 10.50 Forever Young			10.00 - 11.00 Yoga	10.00 - 10.50 Forever Young		
17.00 - 18.00 Yoga		10.00 - 10.50 Ground-Base bitte anmelden		10.00 - 10.50 Ground-Base bitte anmelden	<p>Die Kurse finden in den farblich gekennzeichneten Räumen statt!</p>	
15.30 - 16.20 Ground-Base bitte anmelden	15.30 - 16.20 Ground-Base bitte anmelden	15.30 - 16.20 Ground-Base bitte anmelden	15.30 - 16.20 Ground-Base bitte anmelden	15.30 - 16.20 Ground-Base bitte anmelden		
19.00 - 19.50 Ground-Base bitte anmelden	19.00 - 19.50 Ground-Base bitte anmelden	19.00 - 19.50 Ground-Base bitte anmelden	19.00 - 19.50 Ground-Base bitte anmelden	19.00 - 19.50 Ground-Base bitte anmelden		
16.00 - 16.50 Langh. Pumping -bitte anmelden-	16.30 - 17.20 Jumping Fitness -bitte anmelden-	16.30 - 16.55 Sixpack Workout	16.30 - 17.20 Jumping Fitness -bitte anmelden-	16.00 - 16.50 Jumping Basic -bitte anmelden-		
17.00 - 17.50 Functional Fitness	17.30 - 18.20 Bodystyling	17.00 - 17.50 Langh. Pumping -bitte anmelden-	17.30 - 18.15 TRX -bitte anmelden-	17.00 - 17.50 Langh. Pumping -bitte anmelden-		
18.00 - 18.50 Bodyworkout	18.30 - 19.15 TRX -bitte anmelden-	18.00 - 18.50 Booty Time	18.30 - 19.20 COS Athletics -bitte anmelden-	18.00 - 18.50 TRX Basic -bitte anmelden-		Kursraum fitness- & lifestyle
19.00 - 19.50 Step-Workout	19.20 - 19.45 Sixpack Workout	19.00 - 19.50 Step Intervall	19.30 - 19.55 Sixpack Workout			Kursraum vital & gesund
20.00 - 20.50 Jumping Fitness -bitte anmelden-	20.00 - 20.50 Zumba	20.00 - 20.50 Boxletics	20.00 - 20.50 Jumping Fitness -bitte anmelden-			Trainingsfläche fitness- & lifestyle

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