

# Dein Kursplan

Erlebe Spaß und Action bei unseren Gruppenkursen

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:00 - 11:00 Bodystyling	10:00 - 11:00 Präventionssport	07:00 - 08:00 Yoga Hatha Flow		09:30 - 10:00 Bauchfit	11:15 - 12:15 Iron Workout	10:30 - 11:30 Zumba
11:00 - 12:00 Seniorenspport	11:00 - 11:30 Stretch & Relax	08:00 - 08:30 Meditation		10:00 - 11:00 Rückenfit	12:15 - 13:15 Thai Bo	11:30 - 12:30 Yoga
17:30 - 18:00 Rückenfit	17:30 - 18:00 Bauchkiller	17:00 - 18:00 Indoorcycling	18:00 - 19:00 Rückenfit	17:30 - 18:00 Bauchkiller		
18:00 - 19:00 Langhanteltraining	18:00 - 19:00 Bodystyling	18:00 - 19:00 Indoorcycling	19:30 - 21:00 Boxen	18:00 - 19:00 Faszientraining		
18:45 - 19:45 Indoorcycling	19:00 - 19:30 Stretch & Mobility	18:30 - 19:30 Functional Training 		18:00 - 19:00 Indoorcycling		
19:00 - 20:00 Pilates	19:30 - 20:30 Zumba	19:30 - 20:30 Iron Workout		19:00 - 20:00 Hatha Yoga		
20:00 - 20:30 Rückenfit						