


# Kursplan

06.04.2020 - 12.04.2020

Montag 06.04.2020	Dienstag 07.04.2020	Mittwoch 08.04.2020	Donnerstag 09.04.2020	Freitag 10.04.2020	Samstag 11.04.2020	Sonntag 12.04.2020
09:15 - 10:15 BodyPump	09:00 - 10:00 INJOY Rückenkurs	09:00 - 10:30 Faszien-Fitness	17:30 - 18:00 Bauch-Beine-Po	08:15 - 10:00 Reha-Sport	10:00 - 11:30 Yoga	10:30 - 11:30 Indoor Cycling
10:15 - 11:45 Forever Fit by Pila...	10:00 - 11:00 BODYCOMBAT	09:15 - 10:15 Indoor Cycling	18:00 - 19:30 Yoga	10:00 - 10:30 STRETCHING	11:30 - 13:00 Yoga	
10:15 - 11:15 Indoor Cycling	10:00 - 11:30 Yoga	10:30 - 11:30 BodyPump	18:30 - 19:30 BODYCOMBAT	10:30 - 11:30 BodyBalance		
11:45 - 12:15 Faszien-Massage	16:00 - 19:00 Reha-Sport	18:00 - 19:00 BodyPump	19:30 - 20:30 Wirbelsäulengymnast...	17:30 - 18:30 Reha-Sport		
18:00 - 19:00 INJOY Rückenkurs	18:00 - 19:00 IRON QUBE	18:00 - 19:30 Yoga		17:30 - 18:30 BodyPump		
19:00 - 20:00 BodyPump	19:00 - 20:00 BodyPump	19:00 - 20:00 BodyBalance		18:30 - 19:00 BodyBalance		
19:00 - 19:45 Les Mills RPM	19:00 - 20:00 Indoor Cycling	19:00 - 19:45 Les Mills RPM		18:30 - 19:30 Indoor Cycling		
20:00 - 20:30 BODYCOMBAT EXPRESS	20:00 - 21:00 BODYCOMBAT	19:30 - 21:00 Yoga		19:00 - 20:00 HIIT		

 Ausdauer/Fettver...

 Entspannung/Foku...

 Indoor Cycling

 Power/Körperform...

Stand: 06.04.2020

 RPM

 Reha-Sport

 Rücken/Wirbelsäu...

 Sonntags-Special...