



KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10.00-11.00  COMPACT	10.30-11.30  COMPACT		10.30-11.30  COMPACT	9.30-10.30  COMPACT	10.30-11.30 PILATES	10.30-11.30  COMPACT
11.15-11.45 RÜCKEN FIT		16.30-17.30 FIT AB 50		10.30-13.00 	11.30-12.30  COMPACT	10.30-13.00 
17.00-21.00 	16.30-17.30  COMPACT	17.00-21.00 	17.00-21.00 	17.00-21.00 		
19.30-20.30  COMPACT	17.00-21.00 	18.00-19.00 WORKOUT	17.45-19.15 POWER YOGA	17.00-18.30 WIRBELSÄULEN- GYMNASTIK		
 18.00-19.30 FIT & AKTIV	17.45-19.15 YOGA	18.00-19.00 PROFI-CHECK	18.15-19.00 ZUMBA	17.00-18.00 PUSH & PULL		
18.15-19.15 FIT & FIGHT	 18.00-19.30 SANFTES RÜCKENTRAINING	19.00-20.00 STEP EASY	19.00-19.30 BAUCH K.O.	18.00-19.00 CLUBBING		
19.20-20.20 ZUMBA	19.30-21.00 STEP & FORM	19.00-20.00  COMPACT	19.30-20.30  COMPACT	19.00-20.00  COMPACT		
	20.00-21.00  COMPACT					