



















KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10.00-11.00  COMPACT	10.30-11.30  COMPACT		10.30-11.30  COMPACT	09.30-10.30  COMPACT		10.30-11.30  COMPACT
		16.30-17.30 FIT AB 50		10.30-13.00 		 11.00-11.45 Pilates
17.00-21.00 	17.00-21.00 	17.00-21.00 	17.00-21.00 	17.00-21.00 		 11.45-12.45 FIT-MIX
18.00-19.30  FIT & AKTIV	17.45-19.15 YOGA	18.00-19.00 PROFI-CHECK	18.15-19.00 ZUMBA	17.00-18.30 WIRBELSSÄULEN- GYMNASTIK		10.30-13.00 
18.15-19.15 FIT & FIGHT	18.00-19.30  SANFTES RÜCKENTRAINING	 18.00-19.30 BRASILIAN BODY	19.00-20.00 Body Burning	 17.00-18.00 ATHLETIX		
19.20-20.20 ZUMBA	18.30-19.30  COMPACT	 19.30-20.00 AGILITY	19.30-20.30  COMPACT			
19.30-20.30  COMPACT		19.00-20.00  COMPACT		19.00-20.00  COMPACT		