



KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10.00-11.00  COMPACT	10.30-11.30  COMPACT		10.30-11.30  COMPACT	10.30-11.30  COMPACT		10.30-11.30  COMPACT
17.00-21.00 	17.00-21.00 	17.00-21.00 	17.00-21.00 	10.30-13.00 		11.30-14.00 
				17.00-21.00 		
17.40-18.55 FLOW YOGA			18.00-19.00 PROFI-CHECK	17.00-18.30 WIRBELSSÄULEN- GYMNASTIK		
18.00-19.30  COMPACT	18.30-19.30  COMPACT		18.00-19.30  COMPACT			
19.30-21.00  COMPACT		19.00-20.00  COMPACT	19.30-21.00  COMPACT	19.00-20.00  COMPACT		