




KURSPLAN* (ad interim)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
					BodyForming 10.15 – 10.45 Team	Sixpack 10.15 – 10.45 Team
					Spinning 11.00 – 11.50 Team	Crossfit 11.00-12.00 Team
Pilates 12.00 – 12.50 Manuela	Jumping 12.00 – 12.50 Li	Spinning 12.15 – 12.45 Arte od Team	Yoga 12.00 – 12.45 Manuela	Sixpack 12.15 – 13.00 Team	Yoga 12.00 – 13.00 tbd	
Zumba 18.00 – 19.00 Li	Sixpack 18.15 – 18.45 Team	BodyForming 18.15 – 19.00 Team	Sixpack 18.15 – 18.45 Team	Crossfit 18.15 – 19.15 Team		
Spinning 19.00 – 20.00 Team	Crossfit 19.00 – 20.00 Team	Yoga 19.15 – 20.15 Manuela	Boxen 19.00 – 19.50 Team			

 Power & Ausdauer
 Power & Muskelaufbau
 Muskelaufbau, Koordination & Stretching

*Kurse finden ab 2 Personen statt