

LIVE KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
Workout all-in 09:15-10:00	Balance-Pilates 09:15-10:00	Functional Fit 09:15-10:00	Rücken Fit 09:15-10:00	Workout all-in 09:15-10:00	Workout all-in 09:15-10:00
ZUMBA 10:15-11:00	Workout all-in 10:15-11:00				Rücken 3D 10:15-11:00
					Yoga 11:15-12:15
	Rücken Fit- Aktive Mittagspause 12:00-12:30				
Workout all-in 17:15-18:00		Rücken Fit 17:15-18:00			
FunctionalFit 18:15-19:00	Yoga 18:15-19:00	TôsôX (Fighting Fit) 18:15-19:00	FunctionalFit 18:15-19:00	Workout all-in 18:15-19:00	
Spinning 19:15- 20:00	Spinning 19:15-20:00	Workout all-in 19:15-20:00	ZUMBA 19:15-20:00		
		Yoga 20:15-21:00			