

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
BODYPUMP 09:00 - 10:00	PILATES 09:00 - 10:00	CXWORK 09:00 - 09:30	BABYSCHWIMMEN 08:30 - 09:00	BODYPUMP 09:00 - 10:00	RPM 09:00 - 10:00	VINYASA YOGA 09:00 - 10:00
RPM 10:15 - 11:15	BABYSCHWIMMEN 09:00 - 09:30	BODYBALANCE 09:35 - 10:35	SENIOR-FIT 09:00 - 09:45	BODYBALANCE 10:05 - 11:05	BODYPUMP 10:05 - 11:05	BODYBALANCE 10:05 - 11:05
AQUAFITNESS 11:15 - 12:00	BABYSCHWIMMEN 09:30 - 10:00	AQUAFITNESS 11:15 - 12:00	BABYSCHWIMMEN 09:00 - 09:30	BODYPUMP 16:40 - 17:25		
BODYATTACK 16:40 - 17:40	BABYSCHWIMMEN 10:00 - 10:45	RÜCKENTRAINING 15:50 - 16:35	BABYSCHWIMMEN 09:30 - 10:00	BODYATTACK 17:30 - 18:00		
FUNCTIONAL 17:30 - 18:30	SENIOR-FIT 10:05 - 10:50	BODYPUMP 16:40 - 17:40	BABYSCHWIMMEN 10:00 - 10:45	SELBSTVERTEIDIGUNG 18:00 - 19:00		
BODYPUMP 17:45 - 18:45	BODYBALANCE 17:45 - 18:45	LMI STEP 17:45 - 18:45	BODYBALANCE 17:45 - 18:45	BODYBALANCE 18:05 - 19:05		
BODYBALANCE 18:50 - 19:50	CXWORK 18:55 - 19:25	SELBSTVERTEIDIGUNG 18:00 - 19:00	FUNCTIONAL 19:00 - 20:00	RPM 19:10 - 20:10		
	BODYPUMP 19:30 - 20:30	RPM 18:50 - 19:50	VINYASA YOGA 19:00 - 20:00			
	BUSINESS-BOXEN 19:30 - 20:30		BUSINESS-BOXEN 19:30 - 20:30			

- Kursraum
- Schwimmbad
- Boxing

