

Kursplan

21.06.2021 - 27.06.2021

Montag 21.06.2021	Dienstag 22.06.2021	Mittwoch 23.06.2021	Donnerstag 24.06.2021	Freitag 25.06.2021	Samstag 26.06.2021	Sonntag 27.06.2021
08:30 - 09:30 Rücken	09:00 - 10:00 Spinning	09:00 - 10:00 Step	10:00 - 11:30 Chi Fit Flow	08:30 - 09:30 Aero Dance	09:30 - 10:30 Yin yoga Yoga	09:00 - 09:45 Les Mills Core / CX...
09:30 - 10:30 Pilates	10:00 - 11:30 Yin yoga Yoga	10:00 - 11:00 Total Body Workout	17:30 - 18:00 Bauchkiller	09:30 - 10:30 Les Mills Bodybalan...		09:30 - 10:30 Spinning
10:30 - 11:30 Rücken	18:00 - 19:00 Step	18:00 - 19:00 Body Styling	18:00 - 19:00 Rücken	10:30 - 11:30 Rücken		09:45 - 10:45 Les Mills Bodybalan...
18:00 - 18:30 Powerbauch	19:00 - 20:00 Rücken	19:00 - 19:30 Back Xpres	19:00 - 20:00 Ganzkörpertraining	17:30 - 18:30 Rücken		11:00 - 12:00 Les Mills Bodypump
18:30 - 19:30 Deep Work	20:00 - 20:30 B.O.P.	19:00 - 20:00 Spinning	19:30 - 20:30 Spinning	18:30 - 19:00 Bauchworkout		
18:30 - 19:30 Spinning	20:30 - 21:00 Les Mills Core / CX...	19:30 - 20:30 Functional / HIIT	20:00 - 21:30 Yin yoga Yoga	19:00 - 19:45 Functional		
19:30 - 20:30 Les Mills Bodybalan...	21:00 - 22:00 Les Mills Bodybalan...	20:00 - 21:00 Yin Yoga	21:00 - 21:30 Spinning Sprint	20:00 - 21:00 Zumba		
20:00 - 21:00 Spinning		20:15 - 21:15 Spinning				
20:30 - 21:30 Les Mills Bodypump		20:30 - 21:30 Les Mills Bodypump				