

Kursplan: Ballsaal

20.09.2021 - 26.09.2021

Kursraum 1

TC Training Center
Kleinbahnstrasse 32
47906 Kempen
02152 - 510202
hallo@tc-kempen.de



Montag 20.09.2021	Dienstag 21.09.2021	Mittwoch 22.09.2021	Donnerstag 23.09.2021	Freitag 24.09.2021	Samstag 25.09.2021	Sonntag 26.09.2021
08:30 - 09:30 Rücken	10:00 - 11:30 Yinyasa Yoga	09:00 - 10:00 Step	10:00 - 11:30 Chi Fit Flow	08:30 - 09:30 Aero Dance	09:30 - 10:30 Yinyasa Yoga	09:15 - 10:00 Les Mills Core / CX...
09:30 - 10:30 Pilates	18:00 - 19:00 Step	10:00 - 11:00 Total Body Workout	17:30 - 18:00 Bauchkiller	09:30 - 10:30 Les Mills Bodybalan...		10:00 - 11:00 Les Mills Bodybalan...
10:30 - 11:30 Rücken	19:00 - 20:00 Rücken	18:00 - 19:00 Body Styling	18:00 - 19:00 Rücken	10:30 - 11:30 Rücken		11:00 - 12:00 Les Mills Bodypump
18:00 - 18:30 Powerbauch	20:00 - 20:30 B.O.P.	19:00 - 19:30 Back Xpres	19:00 - 20:00 Ganzkörpertraining	17:30 - 18:30 Rücken		
18:30 - 19:30 Deep Work	20:30 - 21:00 Les Mills Core / CX...	19:30 - 20:30 Functional / HIIT	20:00 - 21:30 Yinyasa Yoga	18:30 - 19:00 Bauchworkout		
19:30 - 20:30 Les Mills Bodybalan...	21:00 - 22:00 Les Mills Bodybalan...	20:30 - 21:30 Les Mills Bodypump		19:00 - 19:45 Functional		
20:30 - 21:30 Les Mills Bodypump				20:00 - 21:00 Zumba		

- Balance & Stretc...
- Kraftausdauer
- Rücken & Gelenke...
- Entspannung
- Les Mills Bodypu...
- Figur- & Muskelt...
- Les Mills Bodyba...
- Herz- Kreislauf ...
- Les Mills CXWorx...

Stand: 24.09.2021