

# Kursplan

23.10.2017 - 29.10.2017

**Vitalis**  
 Iselshauer Str. 63  
 72202 Nagold  
 07452 1333  
 trainer@vitalis-online.de



Montag 23.10.2017	Dienstag 24.10.2017	Mittwoch 25.10.2017	Donnerstag 26.10.2017	Freitag 27.10.2017	Samstag 28.10.2017	Sonntag 29.10.2017
17:00 - 18:00 LesMills BODYBALANCE	09:15 - 10:30 ChiBall	09:15 - 10:15 Kurs laut aktuellem...	09:15 - 10:15 BodyStyling	08:15 - 09:15 LesMills BODYBALANCE	16:00 - 17:00 LesMills Saturday	10:30 - 11:30 Jeden 2. Sonntag   ...
18:00 - 19:00 Zumba fitness	09:30 - 10:30 Spinning	10:15 - 11:15 LesMills BODYPUMP	10:15 - 11:15 Pilates	09:15 - 10:15 LesMills BODYPUMP	17:00 - 18:00 LesMills BODYPUMP	11:30 - 12:30 LesMills RPM
18:30 - 19:00 Power Zirkel	10:30 - 11:30 RückenFit	18:00 - 19:00 LesMills BODYPUMP	16:30 - 17:30 Pilates	10:30 - 11:30 RückenFit		
19:00 - 20:00 LesMills BODYCOMBAT	17:00 - 18:00 LesMills BODYPUMP	18:30 - 19:00 Power Zirkel	18:00 - 19:00 LesMills BODYPUMP	17:00 - 18:00 Zumba toning		
19:30 - 20:30 Spinning	18:00 - 19:00 RückenFit	19:00 - 20:00 Strong by Zumba	19:00 - 20:00 LesMills BODYCOMBAT	18:00 - 19:00 Zumba fitness		
20:00 - 21:00 LesMills BODYPUMP	18:00 - 19:00 Sensitiv Cycling	19:30 - 20:30 Spinning		18:00 - 19:00 LesMills RPM		
	19:00 - 20:00 Pilates			19:00 - 20:00 LesMills BODYPUMP		
	19:30 - 20:30 LesMills RPM					
	20:00 - 21:30 PowerYoga					

■ Aerobicraum    
 ■ Outdoor Areal    
 ■ Spinningraum

Stand: 23.10.2017