

Kursplan

15.01.2018 - 21.01.2018

Vitalis
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Montag 15.01.2018	Dienstag 16.01.2018	Mittwoch 17.01.2018	Donnerstag 18.01.2018	Freitag 19.01.2018	Samstag 20.01.2018	Sonntag 21.01.2018
09:15 - 10:15 LesMills BODYCOMBA	09:15 - 10:30 ChiBall	09:15 - 10:15 Kurs laut aktuellem...	09:15 - 10:15 BodyStyling	08:15 - 09:15 LesMills BODYBALAN	16:00 - 17:00 LesMills Saturday	10:30 - 11:30 Jeden 2. Sonntag ...
10:15 - 11:15 BodyPump	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
17:00 - 18:00 LesMills BODYBALAN	10:30 - 11:30 RückenFit	18:00 - 19:00 LesMills BODYPUMP	16:30 - 17:30 Pilates	10:30 - 11:30 RückenFit		
18:00 - 19:00 Zumba fitness	17:00 - 18:00 LesMills BODYPUMP	18:30 - 19:00 Power Zirkel	18:00 - 19:00 LesMills BODYPUMP	17:00 - 18:00 LesMills BODYBALAN		
18:30 - 19:00 Power Zirkel	18:00 - 19:00 RückenFit	19:00 - 20:00 Strong by Zumba	19:00 - 20:00 LesMills BODYCOMBA	18:00 - 19:00 Zumba fitness		
19:00 - 20:00 LesMills BODYCOMBA	18:00 - 19:00 Sensitiv Cycling	19:30 - 20:30 Spinning		18:00 - 19:00 LesMills RPM		
19:30 - 20:30 Spinning	19:00 - 20:00 Pilates			19:00 - 20:00 LesMills BODYPUMP		
20:00 - 21:00 LesMills BODYPUMP	19:30 - 20:30 LesMills RPM					
	20:00 - 21:30 PowerYoga					

■ Aerobicraum
 ■ Outdoor Areal
 ■ Spinningraum

Stand: 18.01.2018