

# Kursplan

19.03.2018 - 25.03.2018

Vitalis  
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Montag 19.03.2018	Dienstag 20.03.2018	Mittwoch 21.03.2018	Donnerstag 22.03.2018	Freitag 23.03.2018	Samstag 24.03.2018	Sonntag 25.03.2018
09:15 - 10:15 LesMills BODYCOMBAT...	09:15 - 10:30 ChiBall	09:15 - 10:15 Kurs laut aktuellem...	09:15 - 10:15 BodyStyling	08:15 - 09:15 LesMills BODYBALANC...	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 BODYBALANC...	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	18:00 - 19:00 X-Fit	18:00 - 19:00 LesMills BODYPUMP	17:00 - 18:00 LesMills BODYBALANC...		
18:30 - 19:00 Power Zirkel	18:00 - 19:00 RückenFit	18:30 - 19:00 Power Zirkel	19:00 - 20:00 LesMills BODYCOMBAT...	18:00 - 19:00 Zumba fitness		
19:00 - 20:00 LesMills BODYCOMBAT...	18:00 - 19:00 Sensitiv Cycling	19:00 - 20:00 Strong by Zumba		18:00 - 19:00 LesMills RPM		
19:00 - 20:00 X-Fit	19:00 - 20:00 Pilates			18:00 - 19:00 X-Fit		
19:30 - 20:30 Spinning	19:30 - 20:30 LesMills RPM			19:00 - 20:00 LesMills BODYPUMP		
20:00 - 21:00 LesMills BODYPUMP	20:00 - 21:30 PowerYoga					

■ Aerobicraum    
 ■ Outdoor Areal    
 ■ Spinningraum

Stand: 19.03.2018