

Kursplan

21.01.2019 - 27.01.2019

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Montag 21.01.2019	Dienstag 22.01.2019	Mittwoch 23.01.2019	Donnerstag 24.01.2019	Freitag 25.01.2019	Samstag 26.01.2019	Sonntag 27.01.2019
09:15 - 10:00 Tabata-Fit	09:15 - 10:30 ChiBall	09:15 - 10:15 LesMills LMI Step	09:15 - 10:15 BodyStyling	08:15 - 09:15 LesMills BODYBALANC...	16:00 - 17:00 Surprise 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 LMI Step	17:00 - 18:00 LesMills BODYBALANC...		
18:30 - 19:30 Power Zirkel	18:00 - 19:00 RückenFit	18:30 - 19:30 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	19:00 - 20:00 Slingtraining	18:00 - 19:00 X-Fit		
19:00 - 20:00 X-Fit	19:00 - 20:00 Pilates			18:00 - 19:00 Spinning		
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: 21.01.2019