

KURSPLAN

FITNESS-STUDIO

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
AEROBICRAUM	AEROBICRAUM	AEROBICRAUM	AEROBICRAUM	AEROBICRAUM	AEROBICRAUM	AEROBICRAUM
BODY DRILL Advanced 19:00 – 20:00 Dominik	PILATES 9:30 – 10:30 Sandra	BODY AND MIND 9:30 – 10:30 Frauke	FUNKTION-STRAINING 18:00 – 19:00 Lea	WIRBEL-SÄULENGYM. 9:30 – 11:00 Boris	KUNDALINI-YOGA 10:30 – 12:00 Bettina	WIRBEL-SÄULENGYM. 10:00 – 11:00 Boris
	BODYPOWER 18:00 – 19:00 Frauke	BBP 18:00 – 19:00 Alina	ZUMBA 19:00 – 20:00 Lea			BODY DRILL 11:00 – 12:00 Dominik
	PILATES 9:30 – 10:30 Alina	BODY DRILL Advanced 19:00 – 20:00 Dominik				
INDOOR-CYCLING	INDOOR-CYCLING	INDOOR-CYCLING	INDOOR-CYCLING	INDOOR-CYCLING	INDOOR-CYCLING	INDOOR-CYCLING
CYCLING 2 Advanced 17:30 – 18:30 Tina	CYCLING 2 Advanced 18:30 – 19:30 Susanne	CYCLING 2 Advanced 18:00 – 19:00 Claudia	CYCLING 3 Advanced 19:30 – 20:30 Diana		CYCLING 3 Advanced 16:30 – 17:30 Diana	
CYCLING 3 Advanced 18:30 – 19:30 Tina		CYCLING 2 Advanced 19:00 – 20:00 Claudia				