

KURSPLAN

FITNESS-STUDIO

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---------------------------------------|--|------------------------------------|--|--|--|-----------------------------|
| AEROBICRAUM | AEROBICRAUM | AEROBICRAUM | AEROBICRAUM | AEROBICRAUM | AEROBICRAUM | AEROBICRAUM |
| CROSS-WORKOUT 18:30 – 19:30 | FUNKTIONS-TRAINING 18:00 – 19:00 | BODY SHAPE 18:00 – 19:00 | FUNKTIONS-TRAINING 19:00 – 20:00 | WSG 9:30 – 11:00 | KUNDALINI YOGA 10:30 – 12:00 | WSG 10:00 – 11:00 |
| | PILATES 19:00 – 20:00 | YOGILATES 19:00 – 20:00 | ZUMBA 19:00 – 20:00 | CROSS-WORKOUT 18:00 – 19:00 <i>Ab Januar 2019</i> | | |
| | WSG 20:00 – 21:00 14-tägig | | | | | |
| INDOOR-CYCLING | INDOOR-CYCLING | INDOOR-CYCLING | INDOOR-CYCLING | INDOOR-CYCLING | INDOOR-CYCLING | INDOOR-CYCLING |
| CYCLING 17:30 – 18:30 | CYCLING 18:30 – 19:30 | CYCLING 18:00 – 19:00 | CYCLING 19:30 – 20:30 | | | |
| CYCLING 18:30 – 19:30 | | CYCLING 19:00 – 20:00 | | | | |

AB 12.11.2018

+ Kurs für Senioren geeignet