

**KURSPLAN****PHYSIOAKTIV**

<b>MONTAG</b>	<b>DIENSTAG</b>	<b>MITTWOCH</b>	<b>DONNERSTAG</b>	<b>FREITAG</b>	<b>SAMSTAG</b>
<b>PILATES</b> 9:30 – 10:30 Anne	<b>BBP</b> 10:00 – 11:00 Tatjana	<b>CYCLING</b> 10:30 – 11:30 Anne	<b>RÜCKEN-AKTIV</b> 9:45 – 10:45 Birgit	<b>BODYSTYLING</b> 10:30 – 11:30 Petra	<b>YOGA</b> 16:00 – 17:15 Bärbel (geschlossener Kurs)
<b>BODYFIT</b> 18:00 – 19:00 Alessandro	<b>WSG</b> 17:45 – 18:30 Birgit	<b>SKI FIT</b> 18:00 – 18:45 Philip	<b>YOGA</b> 10:45 – 12:00 Bärbel		
<b>CYCLING</b> 18:15 – 19:15 Alex	<b>BODYSHAPE</b> 18:30 – 19:30 Birgit/Anne	<b>AQUA-CYCLING</b> 18:15 – 19:00 Birgit	<b>PILATES</b> 18:00 – 19:00 Anne		
<b>CYCLING</b> 19:15 – 20:15 Alex	<b>YOGA</b> 19:30 – 20:45 Bärbel	<b>BBP</b> 19:00 – 20:00 Tatjana	<b>IN BALANCE</b> 18:15 – 19:00 Petra		

**AB 1.10.2018**