

# KURSPLAN

## PHYSIOAKTIV

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
<b>PILATES</b> 9:30 – 10:30 <i>Anne</i>	<b>BBP</b> 10:00 – 11:00 <i>Tatjana</i>	<b>CYCLING</b> 10:30 – 11:30 <i>Anne</i>	<b>RÜCKEN-AKTIV</b> 9:45 – 10:45 <i>Birgit</i>	<b>BODYSTYLING</b> 10:30 – 11:30 <i>Petra</i>	<b>YOGA</b> 16:00 – 17:15 <i>Bärbel (geschlossener Kurs)</i>
<b>POWER-WORKOUT</b> 18:00 – 19:00 <i>Alessandro</i>	<b>WSG</b> 17:45 – 18:30 <i>Birgit</i>	<b>THORSO-STABI</b> ab 01.04.2019 18:00 – 18:45 <i>Philipp</i>	<b>YOGA</b> 10:45 – 12:00 <i>Bärbel</i>		
<b>CYCLING</b> 18:15 – 19:15 <i>Alex</i>	<b>BODYSHAPE</b> 18:30 – 19:30 <i>Birgit/Anne</i>	<b>FREESTYLE-WORKOUT</b> 19:00 – 20:00 <i>Stina</i>	<b>PILATES</b> 18:00 – 19:00 <i>Anne</i>		
<b>CYCLING</b> 19:15 – 20:15 <i>Alex</i>	<b>YOGA</b> 19:30 – 20:45 <i>Bärbel</i>		<b>OUTDOOR</b> ab 01.04.2019 18:00 – 18:45 <i>Petra / Annika</i>		
			<b>CYCLING</b> 19:15 – 20:15 <i>Andrea</i>		

AB 1.4.2019