

KURSPLAN



Für die Kurse Cycle, Cross Training und Jumping bitte vorher anmelden.

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
MOVE 1	MOVE 2	MOVE 1	MOVE 2	MOVE 1	MOVE 2	MOVE 1	MOVE 2	MOVE 1	MOVE 2	MOVE 1	MOVE 2	MOVE 1	MOVE 2
10:00 - 11:00 FIT MIX Diane			10:00 - 11:00 CYCLE Jenny	10:15 - 11:15 PILATES Julia	10:00 - 11:00 CROSS TRAINING Dirk	10:00 - 11:30 YOGA Jenny		10:00 - 11:00 WORKOUT Diane			10:15 - 11:15 CROSS TRAINING Dirk/Kerstin		12:00 - 13:00 SUNDAY SPECIAL wechselnd
									16:00 - 17:00 JUMPING Jenny			13:00 - 14:30 YOGA Anna	
17:00 - 18:30 YOGA Clare	17:00 - 18:00 CROSS TRAINING Dirk		17:00 - 18:00 CROSS TRAINING Dirk			17:00 - 18:00 BBP Kerstin	17:00 - 17:45 PILATES Jenny	17:00 - 18:00 YOGILATES Hilke	17:15 - 18:15 CYCLE Sandra				
	18:15 - 19:15 STEP Indra	18:00 - 19:00 FATBURNER Kerstin	18:30 - 19:30 CYCLE Sandra		18:00 - 19:00 CROSS TRAINING Sandra		18:00 - 18:45 JUMPING Jenny						
19:15 - 20:15 BBP Indra	19:45 - 20:45 IRON SYSTEM Nina				19:15 - 20:15 IRON SYSTEM Chiara		19:00 - 20:00 IRON SYSTEM Jenny						

KRÄFTIGUNG

AUSDAUER

BODY & MIND

DANCE