

# KURSPLAN

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
KURS RAUM 1	KURS RAUM 2	KURS RAUM 1	KURS RAUM 2	KURS RAUM 1	KURS RAUM 2	KURS RAUM 1	KURS RAUM 2	KURS RAUM 1	KURS RAUM 2	KURS RAUM 1	KURS RAUM 2	KURS RAUM 1	KURS RAUM 2
09.45 - 10.45 POWERYOGA		09.30 - 10.30 PILATES		09.45 - 10.45 POWER YOGA		09.30 - 10.30 BAUCH- BEINE-PO		09.30 - 10.30 PILATES		09.15 - 10.45 PILATES	09.45 - 10.45 LES MILLS LMI STEP	09.30 - 10.30 RÜCKEN- FITNESS	09.30 - 10.30 INDOOR CYCLING
11.00 - 12.00 RÜCKEN- FITNESS		10.45 - 11.45 STEP		11.00 - 12.00 RÜCKEN- FITNESS	11.15 - 12.15 INDOOR CYCLING	10.45 - 11.45 DANCE		10.45 - 11.45 RÜCKEN- FITNESS	11.00 - 12.00 INDOOR CYCLING	11.00 - 12.00 LES MILLS BODYPUMP		10.45 - 11.45 LES MILLS BODYPUMP	10.45 - 11.45 BAUCH- BEINE-PO
												12.00 - 12.30 LES MILLS GRIT CARDIO	
17.00 - 18.00 YOGA	17.30 - 18.00 LES MILLS CX WORX	17.45 - 18.45 LES MILLS BODYPUMP		17.30 - 18.00 LES MILLS CX WORX	17.00 - 18.00 BAUCH- BEINE-PO	17.30 - 18.30 LES MILLS BODYPUMP							
18.15 - 19.15 LES MILLS BODYPUMP	18.15 - 19.15 LES MILLS LMI STEP ATHLETIC	19.00 - 20.00 LES MILLS BODYATTACK	19.15 - 20.15 LES MILLS BODYBALANCE	18.15 - 19.15 LES MILLS BODYPUMP	18.15 - 19.15 RÜCKEN- FITNESS	18.45 - 19.15 LES MILLS CX WORX	18.00 - 19.00 ZUMBA FITNESS	18.15 - 19.15 RÜCKEN- FITNESS				16.00 - 17.00 LES MILLS BODYJAM	
				19.30 - 20.30 YOGA		19.30 - 20.30 LES MILLS BODYCOMBAT	19.15 - 20.15 FUNCTIONAL TRAINING	19.30 - 20.30 LES MILLS BODYPUMP				17.15 - 18.15 LES MILLS BODYCOMBAT	
20.15 - 21.15 BOX FITNESS							20.30 - 21.30 INDOOR CYCLING						