KURSPLAN

CITYFITNESS POWERTOWER

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			09.30 - 10.30 LES MILLS LMI STEP	09.30 - 10.30 RÜCKEN-FITNESS	
10.45 - 11.45 RÜCKEN-FITNESS		10.30 - 11.30 STEP		10.45 - 11.45 RÜCKEN-FITNESS	10.30 - 11.30 INDOOR CYCLING	10.30 - 11.30 DANCE		10.30 - 11.30 RÜCKEN-FITNESS	10.30 - 11.30 INDOOR CYCLING	11.00 - 12.00 LES MILLS BODYPUMP		10.45 - 11.45 LES MILLS BODYPUMP	10.45 - 11.45 BAUCH-BEINE-PO
												11.45 - 12.15 LES MILLS GRIT CARDIO	
17.00 - 18.00 YOGA	17.30 - 18.00 LES MILLS CORE	18.00 - 19.00 LES MILLS BODYPUMP	18.30 - 19.30 INDOOR CYCLING	17.30 - 18.00 LES MILLS CORE	17.00 - 18.00 BAUCH-BEINE-PO	17.30 - 18.30 LES MILLS BODYPUMP							
18.15 - 19.15 LES MILLS BODYPUMP	18.00 - 19.00 LES MILLS LMI STEP ATHLETIC	19.00 - 20.00 LES MILLS BODYATTACK	19.30 - 20.30 LES MILLS BODYBALANCE	18.00 - 19.00 LES MILLS BODYPUMP	18.00 - 19.00 RÜCKEN-FITNESS	18.30 - 19.00 LES MILLS CORE		18.15 - 19.15 RÜCKEN-FITNESS					
					19.30 - 21.00 YOGA	19.00 - 20.00 LES MILLS BODYCOMBAT		19.15 - 20.15 LES MILLS BODYPUMP				17.00 - 18.00 LES MILLS BODYCOMBAT	
20.15 - 21.15 BOX FITNESS													