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 POWER YOGA				09.45 - 10.45 POWER YOGA				09.30 - 10.30 PILATES			9.30 - 10.30 LMI STEP	9.30 - 10.30 RÜCKEN-FITNESS	9.30 -10.30 INDOOR CYCLING
10.45 - 11.45 RÜCKEN-FITNESS				10.45 - 11.45 RÜCKEN-FITNESS	10.30 -11.30 INDOOR CYCLING			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	18.00 - 19.00 LES MILLS BODY-BALANCE		17.00 - 18.00 BAUCH BEINE PO	17.30 - 18.30 LES MILLS BODYPUMP							
18.15 - 19.15 LES MILLS BODYPUMP			19.00 - 20.00 INDOOR CYCLING		18.00 - 19.00 RÜCKEN-FITNESS	18.30 - 19.00 LES MILLS CORE		18.00 - 19.00 RÜCKEN-FITNESS				17.00 - 18.00 LES MILLS BODY-COMBAT	
20.15 - 21.45 BOX FITNESS				19.30 - 21.00 YOGA		19.00 - 20.00 LES MILLS BODY-COMBAT		19.00 -20.00 LES MILLS BODYPUMP					