

# KURSPLAN

HERBST/WINTER 2022/2023

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		09.30 - 10.30 PILATES		09.45 - 10.45 POWER YOGA		09.15 - 10.15 FLOW YOGA		09.15 - 10.15 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		10.30 - 11.30 BAUCH BEINE PO		10.45 - 11.45 RÜCKEN-FITNESS	10.30 - 11.30 INDOOR CYCLING	10.15 - 11.15 BAUCH BEINE PO		10.15 - 11.15 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			17.30 - 18.30 LES MILLS BODYPUMP							
18.15 - 19.15 LES MILLS BODYPUMP		19.00 - 19.15 ALTERNATIV CORE	19.00 - 20.00 INDOOR CYCLING		18.30 - 19.30 RÜCKEN-FITNESS	18.30 - 19.00 LES MILLS CORE		18.00 - 19.00 RÜCKEN-FITNESS				17.00 - 18.00 LES MILLS BODY-COMBAT	
19.30 - 21.00 BOX FITNESS				19.30 - 21.00 YOGA	19.30 - 20.30 BAUCH BEINE PO	19.00 - 20.00 LES MILLS BODY-COMBAT	19.00 - 20.00 INDOOR CYCLING	19.00 - 20.00 LES MILLS BODYPUMP					