

KURSPLAN

AB JANUAR 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
9:00 Body Shape	9:00 Body Shape	9:00 Jump & Tone	8:45 Body Pump	9:00 Body Shape	10:30 Zumba
10:00 Body Balance	10:00 Goldies	16:30 Goldies	9:00 Spinning	10:00 Body Balance	12:00 HIIT
17:00 Spinning	17:00 NEU! Tabata Total	17:30 Body Balance	10:00 Goldies	16:30 Relax Yoga	SONNTAG
17:00 NEU! Body Attack	18:00 Jumping	18:30 Body Shape	17:00 Body Shape	18:00 Party Jumping	9:45 Body Pump
18:00 Jump & Tone	18:00 Spinning	19:00 NEUE ZEIT! Spinning	18:00 Body Attack		11:15 Jumping
19:00 Body Pump	19:00 Body Balance	18:30 Functional Tower	19:00 Body Pump		12:15 Yoga
20:00 NEU! Pilates & Soul	20:00 Combat	19:30 NEU! ab 10.01. Power Dance	19:45 Spinning		11:00 Spinning
18:30 Functional Tower					