



KURSPLAN

AB 01. MAI 2023



MONTAG

9:00 Body Shape
 10:00 Body Balance
 18:00 Kettlebell Basics
 18:00 Combat **NEUE ZEIT!**
 18:30 Functional Tower
 19:00 Body Pump **NEUE ZEIT!**
 20:00 Pilates **NEU!**

DIENSTAG

9:00 Body Shape
 10:00 Goldies
 17:00 Yoga **NEU!**
 18:00 Body Attack
 19:00 Jumping

MITTWOCH

9:00 Jump & Tone
 16:30 Goldies
 17:30 Body Balance
 18:30 Functional Tower
 18:30 Body Shape

CYBERFITNESS

Hunderte professionelle Trainingsvideos außerhalb der Livekurs Zeiten auf Knopfdruck verfügbar!

DONNERSTAG

8:45 Body Pump
 10:00 Goldies
 17:00 Core **NEU!**
 18:00 Body Attack
 18:00 Kettlebell Basics
 19:00 Body Pump

FREITAG

9:00 Body Shape
 10:00 Body Balance
 16:30 Relax Yoga
 18:00 Party Jumping

SAMSTAG

10:30 Zumba
 12:00 HIIT

SONNTAG

9:45 Body Pump
 11:15 Jumping
 12:15 Yoga