



# KURSPLAN

AB 15. MÄRZ 2022

## MONTAG

- 9:00 Body Shape
- 10:00 Body Balance
- NEU!** 17:30 Zumba
- NEU!** 17:30 Kettlebell Basics
- 18:30 Body Attack
- 19:30 Body Pump

## DIENSTAG

- 9:00 Body Shape
- 10:00 Goldies
- 17:00 Pilates
- 18:00 Crosslift
- 19:00 Jumping

## MITTWOCH

- 9:00 Jump & Tone
- 10:00 Rücken Fit
- 17:30 Body Balance
- 18:00 Functional Tower
- 18:30 Body Shape
- NEU!** 19:30 Step

## CYBERFITNESS

Hunderte professionelle Trainingsvideos außerhalb der Livekurs Zeiten auf Knopfdruck verfügbar!

## DONNERSTAG

- 10:00 Goldies
- 17:30 Body Attack
- 18:30 Body Pump
- 19:30 Body Balance

## FREITAG

- 9:00 Body Shape
- 10:00 Step
- 16:30 Relax Yoga
- NEU!** 17:30 Kettlebell Basics
- 18:00 Party Jumping

## SAMSTAG

- 10:30 Zumba
- 12:00 Body Attack
- 13:00 Jumping
- 16:00 Functional Tone

## SONNTAG

- NEU!** 9:45 Body Pump
- 11:15 Jumping
- 12:15 Yoga