

GROUP FITNESS HERBST KURSPLAN



VORMITTAGS

NACHMITTAGS

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
VORMITTAGS	LES MILLS TONE 09.00 – 10.00 BodyBALANCE 10.00 – 11.00	Bodyshape 09.00 – 10.00 Rehasport 10.00 – 10.45	BodyPUMP 09.00 – 10.00	Jumping 09.00 – 10.00 Rehasport 10.00 – 10.45	Bodyshape 09.00 – 10.00	Zumba 11.00 – 12.00 Functional Tower 11.00 – 11.45 Jumping 12.00 – 13.00	BodyPUMP 09.45 – 10.45 Jumping 11.00 – 12.00 Yoga 12.00 – 13.00
NACHMITTAGS	Kids Club 16.00 – 17.00 ZUMBA 17.30 – 18.30 Energy+ 18.00 – 18.35 BodyATTACK 18.30 – 19.30 BodyPUMP 19.30 – 20.30	Bodyshape 17.30 – 18.30 Pilates 18.30 – 19.30 Energy+ 19.00 – 19.35 Jumping 19.30 – 20.30	Kids Club 16.00 – 17.00 BodyBALANCE 17.30 – 18.30 Bodyshape 18.30 – 19.30 GRIT 18.30 – 19.00 Functional Tower 19.00 – 19.45 Step Aerobic 19.30 – 20.30	BodyATTACK 17.30 – 18.30 BodyPUMP 18.30 – 19.30 Functional Tower 19.00 – 19.45 BodyBALANCE 19.30 – 20.30	Functional Tower 17.00 – 17.45 Yoga 17.30 – 18.30		