

DEIN GROUP FITNESS KURSPLAN

1. HÄLFTE

2. HÄLFTE

	MO	DI	MI	DO	FR	SA	SO
1. HÄLFTE	BodyStyling 09.00 – 09.50 BodyBALANCE 10.00 – 11.00	BodyShape 09.00 – 9.50 Goldies 10.00 – 10.30 Goldies 10.40 – 11.10	BodyPUMP 09.00 – 10.00	Jumping 09.00 – 09.50 Goldies 10.00 – 10.30 Goldies 10.40 – 11.10	BodyShape 09.00 – 10.00	Zumba 11.00 – 12.00 BodyAttack 12.10 – 13.10 BodyPUMP 13.30 – 14.30	BodyPUMP 09.45 – 10.45 Jumping 11.00 – 12.00 Yoga 12.10 – 13.10
2. HÄLFTE	ZUMBA 17.00 – 18.00 BodyAttack 18.30 – 19.20 BodyPUMP 19.30 – 20.30	BodyShape 17.30 – 18.20 Pilates 18.30 – 19.00 Pilates 19.10 – 19.40 Jumping 19.50 – 20.50	BodyBALANCE 17.30 – 18.20 BodyShape 18.30 – 19.00 BodyShape 19.10 – 19.40 StepAerobic 19.50 – 20.50	BodyAttack 17.30 – 18.20 BodyPUMP 18.30 – 19.30 BodyBALANCE 19.40 – 20.40	Dance 17.00 – 17.45 Yoga 17.50 – 18.50		