



KURSPLAN

GÜLTIG AB DEM 17.04.2023



PHYSIO-FIT



GRUPPE-AKTIV



FIGUR-FIT



ANTI-STRESS

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
07:30 – 08:15 ● RückenFit	06:30 – 07:15 ● Cycling			06:30 – 07:00 ● Aerosling®	
08:15 – 08:45 ● Aerosling®		08:30 – 09:00 ★ ● Bauch, Beine, Po		07:00 – 08:00 ● Bodyforming	
08:45 – 09:30 ● FitMix					09:45 – 10:15 ● Aerosling®
	09:30 – 10:00 ● Bauch, Beine, Po	09:00 – 10:00 ● Pilates		09:00 – 09:30 ● Bauch, Beine, Po	10:30 – 11:00 ● Bauch, Beine, Po
	10:00 – 10:45 ● Bodyforming			09:30 – 10:30 ● RückenFit	11:00 – 12:00 ● Bodyforming
			Damensauna 15:00 – 21:30 Uhr		
17:30 – 18:00 ● Bauch, Beine, Po	18:00 – 18:30 ● Aerosling®	18:00 – 18:30 ● Bauch, Beine, Po	18:00 – 18:30 ● Bauch, Beine, Po	17:30 – 18:30 ● Pilates	
18:00 – 19:00 ● Yoga	18:35 – 19:20 ● Power Dumbell	18:30 – 19:15 ● Bodyforming	18:30 – 19:15 ● RückenFit	18:30 – 19:30 ★ ● Drilling®	
19:30 – 20:30 ★ ● In-Shape	19:20 – 19:40 ● Bauch Extrem	19:30 – 20:30 ● Yoga	19:30 – 20:30 ★ ● In-Shape	19:45 – 20:30 ● Cycling	
	19:45 – 20:30 ● Cycling				

★ Kursänderung

www.sportstudio-n20.de

● PHYSIO-FIT ● GRUPPE-AKTIV ● FIGUR-FIT ● ANTI-STRESS