



KURSPLAN

GÜLTIG AB DEM 01.07.2025



PHYSIO-FIT



GRUPPE-AKTIV



FIGUR-FIT



ANTI-STRESS

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
07:30 – 08:15 ● RückenFit	06:30 – 07:15 ● Cycling			06:30 – 07:00 ● Aerosling®	
08:15 – 09:00 ● Cycling	07:20 – 07:40 ● Bauch extrem			07:00 – 08:00 ● Bodyforming	
09:00 – 09:45 ● In-Shape		08:30 – 09:00 ● Bauch, Beine, Po			10:30 – 11:30 ● Easy Step für Anfänger laut dem Aushang
	09:30 – 10:00 ● Bauch, Beine, Po	09:00 – 10:00 ● Pilates	09:30 – 10:15 ● Bauch, Beine, Po	9:00-9:30 ● Bauch, Beine, Po	
	10:00-10:45 ● Bodyforming			9:30-10:30 ● Rückenfit	
			Damensauna 15:00 – 21:30 Uhr		
17:30 – 18:00 ● Bauch, Beine, Po	17:30-18:00 ● Bauch, Beine, Po	17:30-17:50 ● Stretching	17:30 – 18:15 ● Cycling	17:30 – 18:30 ● Pilates	9:30 – 10:00 ● Aerosling ®
18:00 – 19:00 ● Yoga	18:00-18:45 ● Power Dumbell	17:50-18:20 ● Bauch ,Beine ,Po	18:30-19:00 ● Bauch, Beine ,Po	18:30 – 19:30 ★ ● Strongmix	10:00 – 10:20 ● Stretching
19:30-20:15 ● In-Shape	19:00-19:45 ● Zumba ®	18:30-19:15 ● Bodyforming	19:00-19:45 ● Rückenfit		10:30 – 11:00 ● HIIT Bauch, Beine, Po
	19:45 – 20:30 ● Cycling	19:30 – 20:30 ● Yoga			11:00 – 12:00 ● Bodyforming

★ Kurs oder Zeitänderung

www.sportstudio-n20.de

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