



KURSPLAN



PHYSIO-FIT



GRUPPE-AKTIV



FIGUR-FIT



ANTI-STRESS

GÜLTIG AB DEM 16.05.2022

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

★ Zeitänderung

www.sportstudio-n20.de

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