



# KURSPLAN



PHYSIO-FIT



GRUPPE-AKTIV



FIGUR-FIT



ANTI-STRESS

**GÜLTIG AB DEM 27.09.2021**

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
07:30 – 08:00 ● RückenFit	06:30 – 07:15 ● Cycling		06:00 – 06:45 ● FitMix	06:30 – 07:00 ● Aerosling®	
08:00 – 08:30 ● Aerosling®		08:30 – 09:00 ● Aerosling®		07:00 – 08:00 ● Bodyforming	
08:30 – 09:00 ● Bauch, Beine, Po					09:45 – 10:15 ● Aerosling®
09:30 – 10:15 ● 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
	10:00 – 11:00 ● Bodyforming			09:30 – 10:30 ● RückenFit	11:00 – 12:00 ● Bodyforming
			<b>Damensauna 15:00 – 21:30 Uhr</b>		
17:30 – 18:00 ● Bauch, Beine, Po	18:00 – 18:30 ● Aerosling®	17:30 – 18:15 ● FitMix	18:00 – 19:00 ● Yoga	17:30 – 18:15 ● Pilates	
18:00 – 19:00 ● Yoga	18:45 – 19:30 ● Power Dumbbell	18:30 – 19:15 ● Bodyforming	19:00 – 19:30 ● Bauch, Beine, Po	18:30 – 19:15 ● Power Dumbbell	
19:00 – 20:00 ● Drilling®	19:45 – 20:30 ● Cycling	19:30 – 20:30 ● Yoga	19:30 – 20:00 ● RückenFit	19:15 – 20:00 ● X-Do	
			20:00 – 20:45 ● In-Shape	20:00 – 21:00 ● Cycling	