

# KURSPLAN

| Montag                                                                    | Dienstag                                              | Mittwoch                                                                              | Donnerstag                         | Freitag                                                | Samstag                      | Sonntag                   |
|---------------------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------|--------------------------------------------------------|------------------------------|---------------------------|
| WSG<br>17:00 - 18:00                                                      | Rücken & Figur<br>10:00 - 11:00                       | Spinning<br>09:30 - 10:30<br>WSG<br>10:40 - 11:30                                     | Faszien & Stretch<br>17:00 - 18:00 | Pilates<br>10:00 - 11:00                               | Fitbo<br>11:30 - 12:30       | Zumba<br>10:00 - 11:00    |
| Bodystyling<br>18:00 - 19:00<br>Pilates<br>18:00 - 19:00                  | Hatha Yoga<br>18:00 - 19:00<br>Zumba<br>19:00 - 20:00 | TABATA<br>17:40 - 18:30                                                               | Power Workout<br>18:00 - 19:00     | Spinning<br>16:15 - 17:15<br>BodyGrip<br>17:30 - 18:30 | Bodystyling<br>12:30 - 13:30 | Spinning<br>11:15 - 12:15 |
| Functional Training<br>Outdoor<br>18:30 - 19:45<br>Bauch<br>19:00 - 19:30 | Hot Iron<br>20:00 - 21:00                             | Spinning<br>18:00 - 19:00                                                             | Step 1-2<br>19:00 - 20:00          | Power Yoga<br>18:30 - 19:30<br>Zumba<br>19:30 - 20:30  |                              | WSG<br>12:30 - 13:30      |
| Spinning<br>19:00 - 20:00                                                 |                                                       | Functional Training<br>Outdoor<br>18:30 - 19:45<br>Full Body Workout<br>19:00 - 20:00 |                                    |                                                        |                              |                           |
|                                                                           |                                                       | Pilates<br>20:00 - 21:00                                                              |                                    |                                                        |                              |                           |