

Kursplan 2018

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
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Morgens

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|---------------------------------|----------------------|---------------------------------|---------------------------------|--------------------------------|--|---------------------------------|
| 09:15 - 10:15 Pilates | 09:15 - 10:15 WSG | 09:15 - 10:15 BBP | 09:00 - 10:15 Yoga | 09:15 - 10:15 Rückenfitness | | 10:00 - 11:00 Sunday Special |
| | | 10:15 - 11:15 Rückbildung ** | 10:30 - 11:30 Indoor Cycling | | | 11:15 - 12:15 Indoor Cycling |
| 10:30 - 11:30 Indoor Cycling | | 11:15 - 12:15 Rückbildung ** | 10:15 - 11:15 Shape 'n Style | | | |
| 11:15 - 12:15 Rückbildung ** | | | | | | |

Abends

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|---------------------------------|-------------------------------------|---------------------------------|---------------------------------|---------------------------------------|-------------------------------------|-----------------|
| 18:00 - 18:30 Bauch Intensiv | 17:30 - 18:30 Zumba | 17:15 - 18:15 Rückenfit | 18:00 - 19:00 Bootcamp | 16:45 - 17:45 Toso X / auf Anfrage | Öffnungszeiten Mo, Mi, Fr | 09:00 - 23:00 |
| 18:30 - 19:30 Power Dumbell | 18:30 - 19:30 Cardio-Pilates | 18:15 - 18:45 Bauch Intensiv | 19:00 - 20:00 Zumba | 18:30 - 20:00 Hatha Yoga | Di, Do | 07:00 - 23:00 |
| 19:30 - 20:30 Bodega Moves | 19:30 - 21:00 Vinyasa Power Yoga | 18:45 - 19:45 Bodystyling | 19:00 - 20:00 Indoor Cycling | | Wochenende/Feiertage | 09:00 - 20:00 |
| 19:45 - 20:45 Indoor Cycling | | 19:00 - 20:00 Indoor Cycling | 19:45 - 21:00 Fitnessboxen | | Kinderbetreuung So | 10:00 - 13:00 |
| | | | | | Feiertage | keine Betreuung |

** Krankenkassenkurs. Änderungen vorbehalten durch den Anbieter.

