

DEIN KURSPLAN

| ZEITEN | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---------------|--------------------|-------------|----------------|--------------------|-----------------|-------------|----------------|
| 09.00 – 10.00 | | | ALL IN ONE | | | | |
| 10.00 – 11.00 | VITAL & PRÄVENTION | | | | | RÜCKEN PLUS | INDOOR CYCLING |
| 11.00 – 12.00 | | | | | | HOT IRON | INDOOR CYCLING |
| 17.30 – 18.30 | FITNESS-JUMPING | ZUMBA | HOT IRON | | FITNESS-JUMPING | | |
| 18.00 – 19.00 | | | | INDOOR CYCLING | | | |
| 18.30 – 19.30 | FITNESS-JUMPING | RÜCKEN PLUS | BAUCH-BEINE-PO | FUNCTIONAL-FITNESS | FITNESS-JUMPING | | |
| 19.00 – 20.00 | | | | INDOOR CYCLING | | | |
| 19.30 – 20.30 | | ALL IN ONE | | | | | |