

DEIN KURSPLAN

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