

DEIN KURSPLAN

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