

DEIN KURSPLAN

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