

Unser Kursplan

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
Pilates (Einsteiger) (Diana) 17:30 – 18:30	Rückenschule (Diana) 10:30 – 11:15		Rückenschule (Susanne) 10:30 – 11:15		Langhantel-training 11:00 – 12:00
	Herz-Kreislauf-Training (Diana) 11:15 – 12:00		Fit - Mix (Susanne) 11:15 – 12:00		
Hantel-Training (Claudia) 19:30 – 20:30	Zumba Anfänger 18:30-19:30		Rückenschule (Alexandra) 17:30 – 18:15	Hantel-Training (Diana) 14:00 – 14:45	
Power Bauch (Claudia) 20:30 – 21:00	Indoor-Cycling Basic 19:00-19:45	Step (Kathrin) 19:00 – 19:45	Power Bauch (Alexandra) 18:15 – 18:45	Pilates (Diana) 14:45 – 15:30	
Indoor-Cycling Power (Dierk) 19:30 – 20:15	Zumba Anfänger 19:30 – 20:30	Bauch – Beine -Po (Kathrin) 19:45 – 20:30	Zumba (Claudia) 19:00 – 20:00 & 20:00 – 21:00	Yoga (Christina) 17:00 – 18:30	
			Indoor-Cycling Power (Dierk) 19:00 – 20:00		