

# Unser Kursplan

**MONTAG**

**DIENSTAG**

**MITTWOCH**

**DONNERSTAG**

**FREITAG**

**SONNTAG**

**Pilates**

10:00 – 10:50

**Rückenschule**

11:00 - 11:45

**Bauch-  
Beine-Po**

10:00 – 11:00

**Bauch -  
Beine - Po**

18:00 – 18:45

**Zumba**

19:00 – 20:00

**Zumba**

20:00 – 21:00

**Indoor-Cycling**

20:00 – 20:45

**Zumba**

17:00 – 18:00

**Zumba**

18:00 – 19:00

**Hanteltraining**

19:00 - 20:00

**Super-Bauch**

20:00 – 20:30

**Yoga**

16:30 - 18:00

**Step - Aerobic**

19:00 – 19:45

**Indoor-Cycling  
Einsteiger**

19:15 – 20:00

**Bauch -  
Beine - Po**

20:00 – 20:45

**Hanteltraining**

17:30 – 18:30

**Super - Bauch**

18:30 – 19:00