

KURS-PROGRAMM



Uhrzeit/ Tage	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00							
08:30							
09:00							
09:30							
10:00	Back & Stretch			Mobility	Total Body Workout		
10:30							
11:00	Fatburner		Yoga Faszien Mix	Total Body Workout	Yoga Faszien Mix	BOOT Camp	ZUMBA
11:30							
12:00						Back & Stretch	
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00				Bodyshaping	Back & Stretch		
17:30							
18:00		Yoga Faszien Mix	Mobility	Pilates	Yoga Flow Basics		
18:30							
19:00	Back & Stretch	ZUMBA	Rücken & Bauch	ZUMBA			
19:30							
20:00	Pump						
20:30							
21:00							
21:30							

 Erwachsene