

Kurs PLAN

*30 MINUTEN **45 MINUTEN OHNE STERNCHEN 60 MINUTEN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
						10.30 PILATES
					11.00 HULA HOOP	
				15.00 FULL BODY WORKOUT		
				16.00 SIXPACK ATTACK**		
	17.00 PILATES					
				17.30 PILATES		
18.00 LES MILLS BODYPUMP	18.00 ZUMBA	18.00 PHYSIO FIT	18.00 LES MILLS BODYATTACK			
19.00 LES MILLS BODYATTACK	19.00 JUMPING FITNESS	19.00 CALISTHENICS* JUMPING FITNESS	19.00 LES MILLS BODYPUMP			