


KursPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10.30 CYCLING	10.30 RÜCKENFIT		09.00 BODYBALANCE	10.30 RÜCKENFIT		
					12.00 CORE	
17.30 BODYPUMP	17.30 JUMPING	17.30 BODYBALANCE		17.00 BODYPUMP	12.35 BODYJAM	
18.00 KRAV MAGA*			18.00 BODYBALANCE	18.05 CYCLING	13.00 CYCLING	
18.30 BODYBALANCE	18.30 ZUMBA	18.30 BODY PUMP		18.05 ZUMBA	14.00 BODYPUMP	
19.35 CORE	19.00 CYCLING		19.00 CYCLING			
20.10 BODYJAM			19.00 JUMPING			