



# KURSPLAN



PHYSIO-FIT



GRUPPE-AKTIV



FIGUR-FIT



ANTI-STRESS

GÜLTIG AB DEM 16.09.2024

| Montag                              | Dienstag                              | Mittwoch                            | Donnerstag                          | Freitag                               | Samstag  |
|-------------------------------------|---------------------------------------|-------------------------------------|-------------------------------------|---------------------------------------|--|
| 07:30 – 08:15<br>● RückenFit        | 06:30 – 07:15<br>● Cycling            |                                     |                                     | 06:30 – 07:00<br>● Aerosling®         |  |
| 08:15 – 09:00 ★<br>● Cycling        | 07:20 – 07:40<br>● Bauch extrem       |                                     |                                     | 07:00 – 08:00<br>● Bodyforming        |  |
| 09:00 – 09:45 ★<br>● In-Shape       |                                       | 08:30 – 09:00<br>● Bauch, Beine, Po |                                     |                                       | 10:30 – 11:30<br>● Easy Step für Anfänger laut dem Aushang |
|                                     | 09:30 – 10:00<br>● Bauch, Beine, Po   | 09:00 – 10:00<br>● Pilates          |                                     | 09:00 – 09:30<br>● Bauch, Beine, Po   |  |
|                                     | 10:00 – 10:45<br>● Bodyforming        |                                     | 10:00 – 11:00<br>● Beckenboden Yoga | 09:30 – 10:30<br>● RückenFit          |  |
|                                     |                                       |                                     | Damensaua 15:00 – 21:30 Uhr         |                                       |  |
| 17:30 – 18:00<br>● Bauch, Beine, Po | 17:30 – 18:00 ★<br>● Bauch, Beine, Po | 17:30 – 17:50<br>● Stretching       | 17:30 – 18:15 ★<br>● Cycling        | 17:30 – 18:30<br>● Pilates            | 09:30 – 10:00<br>● Aerosling®                              |
| 18:00 – 19:00<br>● Yoga             | 18:00 – 18:45 ★<br>● Power Dumbbell   | 17:50 – 18:20<br>● Bauch Beine Po   | 18:30 – 19:00 ★<br>● Bauch Beine Po | 18:30 – 19:00 ★<br>● Fat Burn Workout | 10:00 – 10:20<br>● Stretching                              |
| 19:15 – 20:00 ★<br>● In-Shape       | 19:00 – 19:45 ★<br>● Zumba®           | 18:30 – 19:15<br>● Bodyforming      | 19:00 – 19:45 ★<br>● Rückenfit      | 19:00 – 19:45 ★<br>● Cycling          | 10:30 – 11:00<br>● HIIT Bauch, Beine, Po                   |
|                                     | 19:45 – 20:30 ★<br>● Cycling          | 19:30 – 20:30<br>● Yoga             |                                     |                                       | 11:00 – 12:00<br>● Bodyforming                             |

★ Kurs oder Zeitänderung