

KURSPLAN



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 - 09:45 TF StandUp Zirkel	09:00 - 09:45 TF StandUp Zirkel	08:00 - 08:45 TF StandUp Zirkel	09:00 - 10:00 K1 Wirbelsäule	09:00 - 09:45 TF StandUp Zirkel	10:15 - 11:15 K1 Bodyworkout	09:00 - 10:00 K1 Spin Racing
10:00 - 11:00 FF Zirkeltraining	09:00 - 10:00 K2 Pilates	08:45 - 09:15 TF Mobility Zirkel	10:00 - 11:00 K1 Body Workout	09:45 - 10:15 TF Mobility Zirkel	11:00 - 12:00 FF Zirkeltraining	10:15 - 11:15 K1 Bodyworkout
		10:00 - 11:00 K1 Bauch Beine Po			11:30 - 12:30 K1 Yoga	10:30 - 11:30 FF Fitness Boxen
					12:00 - 12:30 FF Bauch & Rücken	11:15 - 11:45 K2 Bauch & Rücken
18:00 - 19:00 K1 Bodyworkout	17:00 - 18:00 FF Zirkeltraining	17:00 - 17:45 TF StandUp Zirkel		17:00 - 17:30 TF Mobility Zirkel		
18:30 - 19:30 FF Zirkeltraining	18:00 - 19:00 K1 Pilates	17:30 - 18:30 K1 Bodystyle	18:00 - 19:00 K2 Yoga	17:30 - 18:30 K1 Bodystyle		
19:00 - 20:00 K2 Stretch & Relax	18:00 - 19:00 K2 Wirbelsäule 3D	18:30 - 19:30 K2 Deep Work	18:00 - 19:00 FF High Rocks	18:00 - 19:00 FF Zirkeltraining		
19:00 - 20:00 K1 Spin Racing	19:00 - 20:00 K1 Bauch Beine Po	19:00 - 20:00 K1 Spin Racing	18:00 - 19:00 K1 Spin Racing	18:30 - 19:30 K1 Flow Yoga		
19:30 - 20:00 FF Bauch & Rücken			19:00 - 20:00 FF Muskeltraining	19:00 - 19:30 FF Bauch & Rücken		

K1 = Kursraum 1
 K2 = Kursraum 2
 TF = Trainingsfläche
 FF = Functionalfläche

