

Kursplan Abteilung Fitness - BTV-Sportzentrum

Mehrzweckhalle 4

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	09:30-10:25 Step I-II	9:30-10:25 Flexi Bar Workout		9:30-10:25 Pilates	10:00-10:30 <small>LES MILLS</small> CORE	10:00-10:30 <small>LES MILLS</small> CORE
10:35-11:25 Aerobic - Low Impact	10:30-10:55 Bauch/Po- Express	10:30-11:30 Pilates		10:30-11:30 Fit Mix	10:35-11:35 <small>LES MILLS</small> BODYCOMBAT	10:35-11:35 <small>LES MILLS</small> BODYCOMBAT
11:30-12:15 Wirbelsäulen- Gymnastik	11:00-12:00 Stretch & Relax		11:15-12:15 Rücken Fit			11:40-12:40 <small>LES MILLS</small> BODYBALANCE

17:30-18:25 Step II	17:45-18:45 Wirbelsäulen- Gymnastik	17:30-18:00 <small>LES MILLS</small> CORE	17:30-18:25 <small>LES MILLS</small> BODYCOMBAT		13:00-13:55 Body Workout
18:30-19:25 Zumba	18:50-19:20 <small>LES MILLS</small> CORE	18:05-19:05 <small>LES MILLS</small> BODYBALANCE	18:30-19:25 <small>LES MILLS</small> BODYBALANCE	17:30-18:25 Wirbelsäulen- Gymnastik	14:00-15:00 Rücken Fit
19:30-20:25 <small>LES MILLS</small> BODYCOMBAT	19:25-20:25 <small>LES MILLS</small> BODYCOMBAT	19:10-20:10 Strong Nation	19:30-20:30 Dance	18:30-19:30 BOP	
20:30-21:30 Yoga	20:30-21:30 <small>LES MILLS</small> BODYBALANCE	20:15-21:15 Zumba	20:30-21:30 Zirkeltraining		

Bewegungsbecken

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:45-10:30 Aqua-Gym.	19:00-19:45 Aqua-Gym.	19:00-19:45 Aqua-Gym.	9:30-10:15 Aqua-Gym.	18:15-19:00 Aqua-Gym.
10:30-11:15 Aqua-Gym.	19:45-20:30 Aqua-Gym.	19:45-20:30 Aqua-Gym.	10:15-11:00 Aqua-Gym.	



Der Kursplan als
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