








# Kursplan Abteilung Fitness – BTV-Sportpark Badorf

## Halle 2

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30-10:25 BOP		9:00-9:30 <small>LES MILLS</small> <b>CORE</b>		09:30-10:25 Rücken- Bauch	9:15-10:45 Yoga	09:15-10:15 Pilates
10:30-11:25 Rücken Fit	10:00-11:00 Rücken Fit	9:35-10:35 <small>LES MILLS</small> <b>BODYPUMP</b>	10:30-11:30 Wirbelsäulen- Gymnastik	10:30-11:30 Stretching	11:00-11:55  INDOOR-CYCLING	10:30-11:30 <small>LES MILLS</small> <b>BODYPUMP</b>
11:30-12:15 Stretching	11:05-12:05 Pilates		11:35-12:30 Aerobic - Low Impact		12:00-13:00  INDOOR-CYCLING	12:00-13:00  INDOOR-CYCLING
18:00-19:15 <small>LES MILLS</small> <b>BODYPUMP</b>		18:00-18:30 <small>LES MILLS</small> <b>CORE</b>	17:30-18:25  INDOOR-CYCLING	18:30-19:00 <small>LES MILLS</small> <b>CORE</b>		13:00-14:00  INDOOR-CYCLING
19:20-20:20 <b>LMI STEP</b>	18:30-19:25 Body Workout	18:35-19:35 <small>LES MILLS</small> <b>BODYPUMP</b>	18:30-19:25  INDOOR-CYCLING	19:05-20:05 <small>LES MILLS</small> <b>BODYPUMP</b>		
20:30-21:30  INDOOR-CYCLING	19:30-21:00 Yoga	19:40-20:40 <small>LES MILLS</small> <b>BODYBALANCE</b>	19:30-20:30 <small>LES MILLS</small> <b>BODYPUMP</b>			



## Halle 1

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
		10:00-11:00 Jumping Fitness		
18:30-19:25 Rücken- Bauch	18:00-18:55 Pilates	18:00-18:55 Wirbelsäulen- Gymnastik	17:30-18:25 <b>LMI STEP</b>	17:00-17:55 Jumping Fitness
19:30-20:30 Fit Fighting		19:00-20:00 Jumping Fitness	18:00-19:00 Pilates KH4	18:00-19:00 Pilates
			18:30-19:25 Five Gym	
			19:30-20:30 Jumping	

Der Kursplan als  
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