

Halle 2

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30-10:25 BOP		9:00-9:30 <small>LES MILLS</small> CORE		09:30-10:25 Rücken-Bauch	9:15-10:45 Yoga	
10:30-11:25 Rücken Fit	10:00-11:00 Rücken Fit	9:35-10:35 <small>LES MILLS</small> BODYPUMP	10:30-11:30 Wirbelsäulen- Gymnastik	10:30-11:30 Stretching	11:00-11:55 	10:35-11:35 <small>LES MILLS</small> BODYPUMP
11:30-12:15 Stretching	11:05-12:05 Pilates		11:35-12:30 Aerobic - Low Impact		12:00-13:00 	11:45-12:45

18:00-19:15 <small>LES MILLS</small> BODYPUMP		18:00-18:30 <small>LES MILLS</small> CORE	17:30-18:25 	18:30-19:00 <small>LES MILLS</small> CORE	
19:20-20:20 LMI STEP	18:30-19:25 Body Workout	18:35-19:35 <small>LES MILLS</small> BODYPUMP	18:30-19:25 	19:05-20:05 <small>LES MILLS</small> BODYPUMP	
20:30-21:30 	19:30-21:00 Yoga	19:40-20:40 <small>LES MILLS</small> BODYBALANCE	19:30-20:25 Step I-II		
			20:30-21:30 BOP		

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 Jumping Fitness	17:00-17:55 Jumping Fitness
19:30-20:30 Fit Fighting		19:00-20:00 Jumping Fitness	18:30-19:30 <small>LES MILLS</small> LMI STEP	18:00-19:00 Pilates
			19:35-20:30 Five Gym	

SPORTMEO



Der Kursplan als
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