

Kursplan

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:00		Hatha Yoga 9:00 - 10:30				
9:15						
9:30					BBP 9:30 - 10:30	
9:45						
10:00						
10:15						
10:30					Rücken FIT 10:30 - 11:30	
10:45						
11:00						
11:15						
17:00			Tabata 17:00 - 17:45			
17:15						
17:30						
17:45			Langhantel- Training 17:45 - 18:30			
18:00	Bodystyling 18:00 - 19:00					
18:15						
18:30						
18:45						
19:00	Faszien- Stretching 19:00 - 20:00				YOGA FÜR ANFÄNGER 19:00 - 20:30	
19:15						
19:30						
19:45						
20:00	Zumba 20:00 - 21:00	Boxen 20:00 - 21:00		Boxen 20:00 - 21:00		
20:15						
20:30						
20:45						