

Kursplan ab dem 15.06.2020

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Kursraum 1	09:00 - 09:45 Workout	09:30 - 10:15 50+ easyWorkout	09:00 - 10:00 Dancefit	08:30 - 09:45 Yoga	08:30 - 09:25 Gesunder Rücken	Workout meets Dancefit	10:00 - 10:50 Step & Strong
	10:00 - 11:15 Yoga	10:15 - 11:00 Rückenfit	10:15 - 11:15 Pilates		09:30 - 10:25 Gesunder Rücken	Workout meets Dancefit	11:00 - 11:45 Jumping® Cardio
					10:30 - 11:15 Cardio Jump		12:00 - 12:45 Intervall Jumping®
	17:30 - 17:55 Bauch Express	17:00 - 17:45 Workout	17:00 - 17:45 Workout	17:00 - 17:45 Jumping® Cardio	17:00 - 17:45 Intervall		
	18:00 - 18:45 Workout	18:00 - 18:55 Gesunder Rücken	18:00 - 18:55 Gesunder Rücken	18:00 - 18:45 Box Fit Technik	18:30 - 20:00 Workout		
	19:00 - 20:00 Yoga	19:00 - 19:45 Dancefit	19:00 - 19:45 Intervall	19:00 - 19:45 Power Dumbell			
		Bootcamp Outdoor					
K3	18:00 - 19:00 Pilates		19:00 - 20:00 Yoga Fitness				