











Kursplan

01.03.2021 - 07.03.2021

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Montag 01.03.2021	Dienstag 02.03.2021	Mittwoch 03.03.2021	Donnerstag 04.03.2021	Freitag 05.03.2021	Samstag 06.03.2021	Sonntag 07.03.2021
08:30 - 09:20 Rückenfit	09:30 - 10:00 LesMills CXWorx	09:30 - 10:20 Indoor Cycling	09:30 - 11:00 Rückenfit	09:30 - 10:20 Fasziengymnastik	11:00 - 12:00 Taekwondo Kids 1	11:00 - 12:30 Sunday Special
09:30 - 10:15 Muskel-Workout	10:15 - 11:15 LesMills Bodybalanc...	10:30 - 11:20 Shape	17:00 - 17:50 Step I	09:30 - 10:15 Functional Medic	12:00 - 13:00 Taekwondo Kids 2	
09:30 - 10:20 Indoor Cycling	18:00 - 19:00 Iyengar Yoga	17:00 - 18:00 LesMills Bodypump	18:00 - 18:50 Shape Baba	10:30 - 11:15 Shape	14:10 - 15:10 LesMills Bodypump	
10:30 - 11:20 Pilates	18:10 - 18:55 LesMills Bodypump X...	17:10 - 18:00 Pilates meets Fasz...	19:15 - 20:45 Hip Hop for all! TAKA	17:00 - 17:45 Functional Athletic...	15:20 - 16:05 LesMills BODYATTACK...	
17:10 - 18:00 Pilates	19:10 - 20:00 Indoor Cycling	18:10 - 18:30 BauchKilla Xpress	19:15 - 20:10 LesMills Bodybalanc...	18:10 - 19:00 Indoor Cycling		
17:15 - 17:45 LesMills CXWorx	19:15 - 19:35 BauchKilla Xpress	18:10 - 19:00 Indoor Cycling - BE...		18:15 - 19:00 ZUMBA/Latin-Dance		
18:00 - 19:00 LesMills Bodypump		18:10 - 19:00 Step II				
18:10 - 19:10 Yoga		18:35 - 19:30 LesMills BODYATTACK...				
19:10 - 20:10 LesMills Bodybalanc...		19:10 - 20:10 Pilates				
19:15 - 20:15 Rückenfit						

 Entspannung	 Hip Hop	 Indoor Cycling	 Information
 Les Mills	 Präventionskurse...	 Rücken & Gelenke...	 Taekwondo
 Workout	 Yoga		

Stand: 01.03.2021