

KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8:45-9:30 Best Age				10:00-10:45 Zumba®		
9:30-10:15 Best Age	9:30-10:30 Langhantel	10:00-10:45 Five Gymnastik	9:30-10:15 Bodytoning	10:45-11:30 Rücken Fit		
10:15-11:15 Faszien Fit & Five	10:30-11:15 Bodytoning	10:45-11:45 Best Age	10:15-11:00 Rücken Fit	11:30-12:00 Stretch & Relax	13:00-14:00 Zumba®	
11:30-13:00 Yoga			11:00-11:30 Bauch Pur	12:00-13:00 Orthopädie	14:00-14:45 Rücken Fit	
		15:00-16:00 Orthopädie				
	17:00-17:45 Five Gymnastik			17:00-17:45 Rücken Fit		
17:30-19:00 Yoga	17:45-18:30 Bodytoning		17:30-18:15 Langhantel	17:45-18:30 Bodytoning		
18:00-19:00 Functional Circuit	18:30-19:30 Zumba®	18:00-19:00 Bodytoning	18:15-19:30 Yoga			
	19:30-20:00 Stretch & Relax	19:00-20:00 Rücken Fit	19:00-20:00 Athletic Workout			

Stand: August 2025. Änderungen vorbehalten.