

# KURSPLAN

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