

KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8:30-9:30 Best Age				8:30-9:30 PNF-GYM		
9:30-10:30 Best Age	9:30-10:30 Langhantel	10:00-10:45 Five Gymnastik	10:00-10:45 Bodytoning	9:30-10:30 PNF-GYM	9:30-10:30 Bodytoning	
10:30-11:15 Five Gymnastik	10:30-11:15 Bodytoning	10:45-11:45 Best Age	10:45-11:30 Rücken Fit	10:30-11:30 Stretch & Relax	10:30-11:30 Rücken Fit	
11:30-13:00 Yoga				11:45-12:45 Orthopädie		
		15:00-16:00 Orthophädie				
	17:15-18:00 Five Gymnastik	16:00-17:00 Orthophädie	17:30-18:30 Bodytoning	17:00-18:00 Bodytoning		
	18:00-19:00 Step	18:00-19:00 Bodytoning	18:30-19:15 Five Gymnastik	18:00-19:00 Yoga		
18:00-19:30 Yoga	19:00-20:00 Zumba®	19:00-20:00 Pilates	19:30-20:30 CROSSWORX CLUB® Group Class			
18:30-19:30 Functional Circuit	19:00-20:00 CROSSWORX CLUB® Group Class	19:00-20:00 Functional Circuit				