

KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8:45–9:30 Best Age				10:00–10:45 Dance Workout		
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		10:00–11:00 Pilates
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	11:00–12:00 Zumba®	
11:30–13:00 Yoga			11:00–11:30 Bauch Pur	12:00–13:00 Orthopädie		
		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 Functional Circuit	17:45–18:30 Bodytoning		
18:00–19:00 Functional Circuit	18:30–19:30 Zumba®	18:00–19:00 Bodytoning	18:15–19:45 Yoga			
		19:00–20:00 Rücken Fit				