

Kursplan



Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:00 - 09:50 REHA Tobias		09:00 - 09:50 FIT ÜBER 50 Manuel		09:00 - 10:30 FIT MIX Tobias
10:00 - 10:50 RÜCKEN AKTIV Tobias				
11:00 - 12:20 YOGA Claudia				
	16:00 - 16:45 REHA GYMNASTIK Antje			
16:30 - 17:20 LANGHANTEL Manuel	17:00 - 17:50 PILATES Antje	17:15 - 18:10 RÜCKEN Marie	17:30 - 18:20 FATBURNER Tina	17:30 - 18:20 LANGHANTEL Manuel
17:30 - 18:20 RÜCKEN AKTIV Tina	18:00 - 18:30 STEP AEROBIC *A Antje	18:15 - 19:10 BBP Manuel	18:30 - 19:00 BIKING *A Oli/Tina	18:30 - 19:20 WORKOUT *O Tina
18:30 - 19:20 STEP DANCE Tina	18:40 - 19:30 STEP AEROBIC Antje		18:30 - 19:20 BBP / ZUMBA Manuel	
19:30 - 20:20 BBP Tina		19:15 - 20:10 ZUMBA Kristina	19:10 - 20:00 BIKING Oli/Tina	

*A = ANFÄNGER

*O = OUTDOOR