

# Kursplan

19.03.2018 - 25.03.2018

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Montag 19.03.2018	Dienstag 20.03.2018	Mittwoch 21.03.2018	Donnerstag 22.03.2018	Freitag 23.03.2018	Samstag 24.03.2018	Sonntag 25.03.2018
08:15 - 09:00 Rehasport - nur mit...	09:00 - 10:00 Pilates (KK)	09:00 - 09:45 BBP (Bauch-Beine-Po...)	09:00 - 10:00 LMI STEP	08:15 - 09:00 Rehasport - nur mit...	16:00 - 17:00 LES MILLS Bodypump	09:30 - 10:00 LES MILLS CXWORX
09:00 - 10:00 BBP (Bauch-Beine-Po...)	09:00 - 10:00 LES MILLS Bodypump	09:50 - 10:20 Rückenfit (KK)	10:15 - 11:00 Rehasport - nur mit...	09:00 - 09:45 Rückenfit (KK)		10:00 - 11:00 IndoorCycling Inter...
10:15 - 11:30 Hatha Yoga Level 1 ...	10:15 - 11:00 Rehasport - nur mit...	15:00 - 15:45 Rehasport - nur mit...	11:15 - 12:00 Rehasport - nur mit...	09:50 - 10:05 Bauch Circuit Expre...		11:00 - 11:20 Cross XX - Express
18:00 - 19:00 IndoorCycling Inter...	11:15 - 12:00 Rehasport - nur mit...	16:30 - 17:15 Rückenfit FLEXX (KK...)	17:00 - 17:45 Rehasport - nur mit...	10:00 - 10:45 IndoorCycling Einst...		11:15 - 12:15 Zumba
18:15 - 18:45 LES MILLS CXWORX	17:30 - 18:30 BBP (Bauch-Beine-Po...)	17:15 - 17:45 LES MILLS CXWORX	18:00 - 19:30 Hatha Vinyasa Flow ...	17:30 - 18:15 LES MILLS SH'BAM		11:30 - 11:50 Bauch Circuit Expre...
18:45 - 19:45 LES MILLS Bodypump	18:00 - 19:00 Pilates	18:30 - 19:30 IndoorCycling Inter...	18:15 - 19:15 LES MILLS Bodypump	18:15 - 19:15 LES MILLS BODYBALANC...		
19:00 - 19:45 Rehasport - nur mit...	18:30 - 19:00 LesMills Bodycombat...	18:30 - 19:45 Hatha Yoga Level 1 ...	18:30 - 19:15 BBP DEEP WORKOUT (B...			
19:00 - 20:00 LES MILLS BODYBALANC...	19:00 - 20:00 Rückenfit (KK)	18:40 - 19:10 LES MILLS Grit	19:15 - 20:15 Zumba			
19:00 - 20:00 Fitness Führerschei...	19:00 - 20:00 Fitness Führerschei...	19:15 - 20:15 LES MILLS BodyComba...	19:20 - 20:20 IndoorCycling Inter...			
19:30 - 19:50 FLEXX	19:10 - 19:55 RPM IndoorCycling	20:00 - 20:45 Rehasport - nur mit...				
20:00 - 21:00 LES MILLS BodyComba...	20:10 - 21:10 LES MILLS Bodypump	20:00 - 21:00 LES MILLS BODYBALANC...				

■ Figur u. Abnehm... 
 ■ Gesundheit 
 ■ Kraft u. Ausdaue... 
 ■ Körper & Geist

Stand: 19.03.2018