

Kursplan

25.05.2020 - 31.05.2020

| Montag 25.05.2020 | Dienstag 26.05.2020 | Mittwoch 27.05.2020 | Donnerstag 28.05.2020 | Freitag 29.05.2020 | Samstag 30.05.2020 | Sonntag 31.05.2020 |
|--|---|---|---|------------------------------------|--|----------------------------|
| 09:15 - 10:30 Body Balance | 09:30 - 10:30 Body Pump | 09:15 - 12:00 Nordic Walking Selbstorganisation | 17:00 - 17:30 CX Worx Bauch-Beine... | 09:15 - 10:15 Funktionstraining | 10:30 - 11:15 Body Shape Winona Laib | 10:30 - 11:30 Body Pump |
| 10:30 - 11:00 Bauch/Rücken | 10:30 - 11:15 Reha | 09:30 - 10:00 Rückenfit | 17:30 - 18:30 LMI Step | 09:15 - 10:15 Fit 50 | | |
| 11:00 - 11:30 Stretching/Faszien | 13:15 - 13:45 Cycling | 10:15 - 10:45 Flexx-Zirkel | 18:30 - 19:00 CX Worx Bauch-Beine... | 10:15 - 10:45 Rückenfit | | |
| 16:30 - 17:30 Body Pump | 13:45 - 14:15 Rückenfit | 15:30 - 16:30 Videoclipdance Kind... | 18:30 - 19:00 Flexx-Zirkel | 10:45 - 11:15 Dr. Smisek | | |
| 17:30 - 18:30 Body Combat | 14:15 - 15:15 Reha | 17:30 - 18:30 Body Balance | 18:30 - 19:15 Funktionstraining | 11:15 - 11:45 Faszientraining | | |
| 18:30 - 19:00 Rückenfit | 17:30 - 18:00 Body Attack | 18:30 - 19:30 Body Pump | 19:00 - 19:30 Rückenfit | 16:00 - 16:45 Reha | | |
| 18:30 - 19:15 Funktionstraining | 17:30 - 18:15 Funktionstraining | 19:35 - 20:35 Body Balance | 19:30 - 21:00 Cycling-Pump Mix | 16:45 - 17:45 Body Attack | | |
| 19:00 - 19:30 Bauchkiller | 18:00 - 18:30 CX Worx Bauch-Beine... | 19:45 - 20:45 RPM Jens Peschel | | 17:30 - 18:30 Body Pump | | |
| 19:00 - 20:00 RPM Martin Löffler | 18:30 - 19:30 Body Shape Maxi Rothe | | | 18:00 - 19:45 Funktionstraining | | |
| 19:30 - 20:30 Zumba | 18:30 - 19:00 Rückenfit | | | 19:33 - 20:30 Body Balance | | |
| | 19:00 - 19:45 Rückenfit | | | | | |