

DEIN city fitness - GRUPPENFITNESS KURSPLAN

- Gültig ab dem 01.10.2017 -

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
VORMITTAG	9.30 – 10.30 RÜCKENFITNESS	10.00 – 11.30 YOGA	9.30 – 10.30 Step & Style	10.00 – 11.30 YOGA	10.00 – 11.00 THERAPEUTISCHE WSG	10.00 – 11.00 BODY FIT	10.00 – 11.00 RÜCKENFITNESS
	10.30 – 11.30 DANCE		10.30 – 11.30 RÜCKENFITNESS			11.00 – 12.00 LM BODYBALANCE	11.00 – 12.00 LM BODYPUMP
NACHMITTAG	18.00 – 19.00 LM BODYPUMP	17.15 – 18.15 RÜCKENFITNESS	17.00 – 18.00 BAUCH BEINE PO	18.00 – 19.00 LM BODYPUMP	17.00 – 17.30 CX WORX (30') KOMBI		
	19.00 – 20.00 LM LMI STEP	19.15 – 20.00 DANCE WITH SHBAM	18.00 – 19.00 STEP	19.00 – 20.30 YOGA	17.30 – 18.30 RÜCKENFITNESS		17.00 – 18.00 LM BODYCOMBAT
	20.00 – 21.00 LM BODYBALANCE		19.00 – 20.00 LM BODYPUMP		18.30 – 19.30 LM BODYCOMBAT		
			20.00 – 21.00 LM BODYCOMBAT		19.30 – 20.30 LM BODYBALANCE		