


Kursplan

13.07.2020 - 19.07.2020

Montag 13.07.2020	Dienstag 14.07.2020	Mittwoch 15.07.2020	Donnerstag 16.07.2020	Freitag 17.07.2020	Samstag 18.07.2020	Sonntag 19.07.2020
09:00 - 09:45 Workout	09:00 - 09:45 All in One	09:00 - 09:45 Fatburner	09:00 - 09:45 Dance	09:00 - 09:45 STEP 2	10:15 - 11:15 Rückenfit	10:30 - 11:30 Yoga Workout
10:00 - 10:45 Pilates	10:00 - 11:00 Yoga	10:00 - 10:45 Rückenfit	10:00 - 10:45 Workout	10:00 - 10:45 Bodystyling	11:15 - 12:00 Cardio Workout	17:00 - 18:00 Langhantel Workout
18:00 - 18:45 Rückenfit	18:00 - 18:45 Intensiv Workout	10:00 - 10:45 Workout	18:15 - 18:45 CXWORX	18:00 - 18:45 TRX	16:00 - 17:00 SH'BAM	
19:00 - 19:50 Cycling	19:00 - 19:45 CXWORX	18:00 - 18:45 Langhantel Workout	19:00 - 19:45 Sh'Bam	19:00 - 19:45 Body Balance		
19:00 - 19:45 STEP 2	20:00 - 21:00 Pilates	19:00 - 19:50 Cycling	20:00 - 21:00 Power Yoga			
20:00 - 20:45 Body Balance		19:00 - 19:45 Stressless Qi-Gong				
20:00 - 20:50 Cycling		20:00 - 20:50 Cycling				
		20:00 - 21:00 Yoga				

 Body / Mind

 Faszien / Bewegl...

 Figur / Muskulat...

 Functional Train...

 Herz / Kreislauf...

Stand: 14.07.2020