

# KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
9:00 - 10:00 <b>LES MILLS BODYPUMP</b>	9:00 - 10:00 INDOOR CYCLE	10:00 - 11:00 <b>LES MILLS BODYPUMP</b>	10:00 - 11:00 INDOOR CYCLE	9:30 - 10:30 RÜCKEN FIT
10:15 - 11:15 <b>LES MILLS BODYBALANCE</b>	10:15 - 11:15 <b>LES MILLS BODYPUMP</b>	11:15 - 11:45 <b>LES MILLS CXWORX</b>	11:15 - 12:15 <b>LES MILLS BODYBALANCE</b>	10:30 - 11:30 <b>LES MILLS BODYPUMP</b>
17:20 - 18:20 INDOOR CYCLE	17:00 - 18:00 <b>LES MILLS BODYPUMP</b>	17:20 - 18:20 INDOOR CYCLE	17:30 - 18:30 <b>LES MILLS BODYPUMP</b>	17:00 - 18:00 <b>LES MILLS BODYPUMP</b>
18:30 - 19:30 <b>LES MILLS BODYPUMP</b>	18:00 - 19:00 FITNESSBOXEN	18:30 - 19:30 <b>LES MILLS BODYPUMP</b>	18:30 - 19:30 <b>LES MILLS BODYCOMBAT</b>	18:15 - 19:15 INDOOR CYCLE
19:30 - 20:00 <b>LES MILLS CXWORX</b>	19:00 - 20:00 <b>LES MILLS BODYCOMBAT</b>	19:30 - 20:00 <b>LES MILLS CXWORX</b>	19:30 - 20:30 FITNESSBOXEN	
20:00 - 21:00 <b>HIT</b>	20:00 - 21:00 <b>LES MILLS BODYBALANCE</b>	20:00 - 21:00 <b>ZUMBA</b>		

