

KURSPLAN

Ab dem 01.04.2019

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
9:00 - 10:00 LES MILLS BODYPUMP	10:00 - 11:00 INDOOR CYCLING	10:00 - 11:00 LES MILLS BODYPUMP	10:00 - 11:00 INDOOR CYCLING	9:30 - 10:30 RÜCKEN FIT
10:15 - 11:15 LES MILLS BODYBALANCE	11:00 - 12:00 LES MILLS BODYPUMP	11:15 - 11:45 LES MILLS CXWORX	11:15 - 12:15 LES MILLS BODYBALANCE	10:30 - 11:30 LES MILLS BODYPUMP
17:20 - 18:20 INDOOR CYCLING	17:00 - 18:00 LES MILLS BODYPUMP	17:20 - 18:20 INDOOR CYCLING	17:30 - 18:30 LES MILLS BODYPUMP	17:00 - 18:00 LES MILLS BODYPUMP
18:30 - 19:30 LES MILLS BODYPUMP	18:00 - 19:00 FITNESSBOXEN	18:30 - 19:30 LES MILLS BODYPUMP	18:30 - 19:30 INDOOR CYCLING	18:15 - 19:15 LES MILLS BODYBALANCE
19:30 - 20:00 LES MILLS CXWORX	19:00 - 20:00 LES MILLS BODYCOMBAT	19:30 - 20:00 LES MILLS CXWORX	19:30 - 20:30 FITNESSBOXEN	
	20:00 - 21:00 LES MILLS BODYBALANCE	20:00 - 21:00 LES MILLS BODYCOMBAT		