

# KURSPLAN

GÜLTIG AB 1.4.2021

+ Fortgeschritten



Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag		
K1	K2	K3	K1	K2	K3	K1	K2	K3	K1	K2	K3	K1	K2	K3	K1	K2	K3	K1	K2	K3
	07.30 - 08.15 BBP																			
	08.30 - 09.30 Soft Cycling		8.30 - 9.15 Step Basic			09.00 - 10.00 Becken- boden		09.00 - 10.00 Reha Ortho				08.00 - 09.15 Hatha- Yoga								
09.30 - 11.00 Bodyfit			09.15 - 10.15 Rückenfit			10.00 - 11.00 Rückenfit		10.00 - 10.45 Reha Ortho	9.30 - 11.00 Bodyfit				09.30 - 10.15 Reha Ortho						10.00 - + 11.00 Functional Training	
			10.15 - 11.15 Balance & Stretch			11.00 - 12.00 Stretching		11.00 - 11.45 Reha Ortho					10.30 - 11.15 Reha Ortho						11.00 - 12.00 Rückenfit	
													15.00 - 15.45 Reha Ortho				14.30 - 15.30 Zumba			
													16.00 - 16.45 Reha Ortho							
			17.00 - 18.00 Fit 55+	17.00 - 18.00 Locker v. Hocker																
	18.00 - 19.00 Functional Training +	18.00 - 19.00 Fit 55+				18.00 - 19.00 Rückenfit	18.00 - 19.00 Zumba Basic	18.00 - 19.00 Core	18.00 - 19.00 Langhantel +	18.00 - 18.45 BBP		18.00 - 19.00 Yogalates		18.00 - 19.00 Nordic Walk						
19.00 - 20.00 Body- complete	19.00 - 20.00 Mobility		18.30 - 20.00 Hatha- Yoga	18.30 - 19.30 Nordic Walk		19.00 - 20.00 Cycling		19.00 - 20.00 Functional Training +	19.00 - 19.30 Stretching	19.15 - 20.15 Cycling	19.00 - 20.30 Rückenfit									
						20.00 - 21.00 Fit Gym														