KURSPLAN • HERBST 2107

Mindestteilnehmerzahl: 5 Teilnehmer

MONTAG

Raum A	Raum B	Raum C
8.30 - 9.25h **NewFatburner**	8.30 - 9.25h **Yoga**	
9.30 - 10.25h **BodyStyling**	9.30 - 10.25h **SeniorFit**	
10.30 - 11.25h LESMILLS **BODYBALANCE™**		
17.00 - 17.55h **BodyStyling**	17.00 - 17.55h LESMILLS **BODYBALANCE™**	
18.00 - 18.55h **Step I**	18.00 - 18.55h **WS/Stretch**	17.30 - 18.25h **Easy Cycle**
19.00 - 19.55h **NewFatburner**	19.00 - 19.55h LESMILLS **BODYPUMP™**	18.30 - 19.25h **Indoor Cycle II**
20.00 - 20.55h **Step Intro**	20.00 - 20.25h **Core**	

DIENSTAG

Raum A	Raum B	Raum C
8.30 - 9.25h **BodyStyling**		
9.30 - 10.25h **WS/Stretch**	9.30 - 10.25h **Step I**	9.30 - 10.25h **Indoor Cycle I**
10.30 - 11.25h LESMILLS **BODYPUMP™**		
16.00 - 16.55h **LatinDance**	16.00 - 16.55h **BodyStyling**	
17.00 - 17.55h LESMILLS **BODYPUMP™**	17.00 - 17.55h **Yoga**	
18.00 - 18.55h **NewFatburner**	18.00 - 18.55h **Step II**	17.30 - 18.25h **Indoor Cycle I**
19.00 - 19.55h **BodyStyling**	19.00 - 19.55h **Step Intro**	18.30 - 19.25h **Indoor Cycle I**
		19.30 - 20.55h **Indoor Cycle I**

MITTWOCH

Raum A	Raum B	Raum C
	8.30 - 9.25h LESMILLS **BODYBALANCE™**	
9.30 - 10.25h **SeniorFit**		9.30 - 10.25h **Indoor Cycle I**
10.30 - 11.25h **BodyStyling**	10.30 - 10.55h **Core**	
16.00 - 16.55h **BodyStyling**		
	17.00 - 17.55h **WS/Stretch** **VIACTIV FITNESS**	17.00 - 17.55h **Indoor Cycle I**
18.00 - 18.55h **NewFatburner**	18.30 - 18.55h **Core**	18.00 - 19.30h **Indoor Cycle I**
19.00 - 19.55h LESMILLS **BODYPUMP™**	19.00 - 19.55h **Step Intro**	
20.00 - 20.55h LESMILLS **BODYBALANCE™**		

DONNERSTAG

Raum A	Raum B	Raum C
8.30 - 9.25h **WS/Stretch**		
9.30 - 10.25h **NewFatburner**	9.30 - 10.25h **Step Intro**	9.30 - 10.25h **Easy Cycle**
10.30 - 11.25h **BodyStyling**		
		17.00 - 17.55h **Indoor Cycle I**
17.30 - 18.25h **BodyStyling**		
		18.00 - 18.55h **Easy Cycle**
18.30 - 19.25h LESMILLS **BODYPUMP™**	18.30 - 19.25h **Step I**	
19.30 - 20.25h **BodyStyling**	19.30 - 19.55h **Core**	
	20.00 - 20.55h ZUMBA®	

FREITAG

Raum A	Raum B	Raum C
9.30 - 10.25h **BodyStyling**	9.30 - 10.25h **Step I**	9.30 - 10.25h **Indoor Cycle I**
10.30 - 11.25h LESMILLS **BODYPUMP™**	10.30 - 11.25h **WS/Stretch**	
15.00 - 15.55h **WS/Stretch**		
16.00 - 16.55h **Intervall**		
17.00 - 17.55h **Step I**	17.00 - 17.55h LESMILLS **BODYBALANCE™**	17.00 - 17.55h **Indoor Cycle I**
18.00 - 18.55h **BodyStyling**		18.00 - 18.55h **Indoor Cycle II**

SAMSTAG

Raum A	Raum B	Raum C
10.30 - 11.25h LESMILLS **BODYPUMP™**		
		11.00 - 11.55h **Easy Cycle**
11.30 - 12.25h **NewFatburner**		
		12.00 - 12.55h **Indoor Cycle I**
12.30 - 13.25h **Step I**		
13.30 - 14.25h **BodyStyling**		