




# Kursplan

01.06.2020 - 07.06.2020

| Montag 01.06.2020            | Dienstag 02.06.2020           | Mittwoch 03.06.2020         | Donnerstag 04.06.2020      | Freitag 05.06.2020 | Samstag 06.06.2020 | Sonntag 07.06.2020    |
|------------------------------|-------------------------------|-----------------------------|----------------------------|--------------------|--------------------|-----------------------|
| 09:00 - 09:45<br>Rückenfit   | 08:00 - 09:00<br>Yoga         | 18:00 - 18:45<br>Step Basic | 09:00 - 09:45<br>Rückenfit |                    |                    | 09:45 - 10:45<br>Yoga |
| 17:30 - 18:15<br>Step-Choreo | 18:00 - 18:45<br>Pilates      | 18:50 - 19:10<br>Bauch Pur  | 18:00 - 19:00<br>Strong    |                    |                    | 11:00 - 12:00<br>Yoga |
| 18:25 - 19:10<br>Rückenfit   | 19:00 - 19:45<br>Body Workout | 19:15 - 20:00<br>Zumba®     |                            |                    |                    |                       |

 Figur- / Muskelt...

 Herz- / Kreislau...

 Pilates, Yoga, E...

 Rückentraining

Stand: 07.06.2020