

GROUPFITNESS KURSPLAN

MONTAG

POWER YOGA	08.30 - 09.25
BODYTONING	09.30 - 10.25
CXWORX	18.30 - 19.00
BODYCOMBAT	19.00 - 19.55

DIENSTAG

BODYPUMP 45'	18.00 - 18.45
BODYBALANCE	18.50 - 19.45

MITTWOCH

BODYPUMP	18.30 - 19.25
BODYCOMBAT	19.30 - 20.25

DONNERSTAG

ZUMBA	09.30 - 10.25
BODYPUMP	18.00 - 18.55
TRX SUSPENSION	19.00 - 19.45

FREITAG

PILATES	08.00 - 08.55
TRX SUSPENSION	09.00 - 09.45

SAMSTAG

BODYPUMP	09.30 - 10.25
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SONNTAG

BODYBALANCE	09.30 - 10.25
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