

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00-09:55  <b>BODY FORMING</b>	09:00-09:55  <b>MOBILISATION/ KRÄFTIGUNG</b>	09:00-09:55  <b>WIRBELSÄULEN GYMNASTIK</b>	09:00-09:55  <b>BAUCH BEINE PO</b>	 09:00-09:27 <b>CYBER KURS STRETCHING BASIC</b>		
 10:00-10:55 <b>WIRBELSÄULEN BALANCE</b>	 10:00-10:26 <b>CYBER KURS BAUCH BEINE PO</b>	 10:00-10:26 <b>CYBER KURS CORE WORK</b>			 10:00-10:55 <b>HOT-IRON</b>	
		 11:00-11:30 <b>CYBER KURS BODY WORKOUT</b>	 11:00-11:30 <b>CYBER KURS FAT ATTACK</b>	 11:00-11:30 <b>CYBER KURS CORE WORK</b>		
	 17:00-17:26 <b>CYBER KURS PILATES</b>	17:00-17:55 <b>Functional Fitness</b>	 17:00-17:55 <b>BODY FORMING</b>	 17:00-17:26 <b>CYBER KURS BAUCH BEINE PO</b>		
18:00-18:50 <b>BAUCH INTENSIV/ CROSS FIT</b>			18:00-18:50 <b>BAUCH INTENSIV/ CROSS FIT</b>			
 18:00-18:55 <b>FUNTONE STEP</b>	 18:00-18:55 <b>HIT THE BEAT</b>	 18:00-18:55 <b>ZUMBA</b>	 18:00-18:55 <b>IRON SYSTEM</b>	 18:00-18:55 <b>ZUMBA</b>		
 19:00-19:55 <b>IRON SYSTEM</b>	 19:00-19:55 <b>TORSO X</b>	 19:00-19:55 <b>INDOOR CYCLING</b>	 19:00-19:55 <b>WIRBELSÄULEN GYMNASTIK</b>	 19:00-20:00 <b>POWER FLEXIBILITY</b>		

## LEGENDE

-  **GESUNDHEIT**
-  **ENTSPANNUNG**
-  **REHABILITATION**
-  **POWER**
-  **HERZ-KREISLAUF**
-  **CYBER KURSE**

TRAININGSFLÄCHE

KURSRAUM