

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 09:00-9:55 Body Forming	 09:00-09:30 CYBER KURS Pilates	 09:00-09:30 CYBER KURS Rücken Fit	 09:00-09:55 CYBER KURS Bauch Beine Po	 09:00-09:30 CYBER KURS Stretching Basic		
 10:00-10:55 WIRBELSÄULEN BALANCE	 10:00-10:30 CYBER KURS Bauch Beine Po			 10:00-10:55 CYBER KURS Cyber Pump		
		 11:00-11:30 CYBER KURS Core Work	 11:00-11:30 CYBER KURS FAT ATTACK	 11:00-11:30 CYBER KURS Core Work		
 12:00-12:30 CYBER KURS Cyber Pump	 12:00-12:30 CYBER KURS FAT ATTACK	 12:00-12:30 CYBER KURS Body Workout	 12:00-12:30 CYBER KURS STEP HIIT	 12:00-12:30 CYBER KURS Bauch Beine Po		
			 17:00-17:30 CYBER KURS Body Workout	 17:00-17:30 CYBER KURS RÜCKEN FIT		
 18:00-18:55 FUNTONE STEP	 18:00-18:55 HIT THE BEAT	 18:00-18:55 ZUMBA	 18:00-18:55 IRON SYSTEM	 18:00-18:55 ZUMBA		
 19:00-19:55 IRON SYSTEM	 19:00-19:55 TOSO X	 19:00-19:55 Indoor Cycling	 19:00-19:55 WIRBELSÄULEN GIMNASTIK	 19:00-20:30 Power/Flexibility		

LEGENDE



GESUNDHEIT



ENTSPANNUNG



REHABILITATION



POWER



HERZ-KREISLAUF



CYBER KURSE

TRAININGSFLÄCHE

KURSRAUM