



ÖFFNUNGSZEITEN:

Montag - Freitag 6:00 bis 24:00 Uhr

Samstag, Sonntag, Feiertag 10:00 - 18:00 Uhr

Info-Hotline: 0 36 91 - 8 89 70 50

KURSPLAN

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:30	Dance	Body Vital	Total Body Workout	Rücken Fit	Dance		
09:00	Rücken Fit	Dance	Rücken Fit	Cyber Pump	Rücken Fit		
09:30	Pilates	Rücken Fit	Dance	Cyber Pump	Pilates		
10:00	Bauch,Beine,Po	Cyber Pump	Pilates	Fat Attack	Total Body Workout		
10:30	Combat	Bauch, Beine, Po	Fat Attack	Dance	Fat Attack		
11:00	Dance	Pilates	Core Work	Bauch,Beine,Po	Kami Bo		
11:30	Kami Bo	Bauch,Beine,Po	Kami Bo	Cyber Pump	Kami Bo		
12:00	Cyber Pump	Basic Stretching	Kami Bo	Basic Stretching			
12:30	Cyber Pump						
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00	Dance	Core Work	Bauch,Beine,Po	Rücken Fit	Combat		
17:30	Cyber Pump	Dance	Kami Bo	Fat Attack	Pilates		
18:00	Cyber Pump	Pilates	Kami Bo	Core Work	Cyber Pump		
18:30	Bauch,Beine,Po	Cyber Pump	Pilates	Cyber Pump	Cyber Pump		
19:00	Kami Bo	Cyber Pump	Rücken Fit	Kami Bo	Bauch,Beine,Po		
19:30	Fat Attack	Rücken Fit	Combat	Total Body Workout	Kami Bo		
20:00	Dance	Kami Bo	Cyber Pump	Bauch,Beine,Po	Kami Bo		
20:30	Dance	Kami Bo			Kami Bo		