



ÖFFNUNGSZEITEN:

Montag - Freitag 6:00 bis 24:00 Uhr

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

Info-Hotline: 03525 - 515 69 22

KURSPLAN

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