



ÖFFNUNGSZEITEN:

Montag - Freitag 6:00 bis 24:00 Uhr

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

Info-Hotline: 03491 - 665 82 01

KURSPLAN

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:30	Dance 02	Body Vital 01	Rücken Fit 02	Rücken Fit 03	Dance 02		
09:00	Rücken Fit 02	Cyber Pump 02	Bauch, Beine, Po 02	Core Work 07	Rücken Fit 08		
09:30	Pilates 04	Rücken Fit 03	Dance 03	Pilates 03	Pilates 02		
10:00	Bauch, Beine, Po 01	Fat Attack 01	Pilates 03	Fat Attack 01	Bauch, Beine, Po 02		
10:30	Combat 02	Dance 01 Short Cut	Fat Attack 03	Dance 02	Combat 01		
11:00	Fat Attack 03	Pilates 02	Core Work 07	Bauch, Beine, Po 02	Total Body Workout 01		
11:30	Totalbody workout 04	Bauch, Beine, Po 01	Cyber Pump 02	Total Body Workout 03	Cyber Pump 04		
12:00	Cyber Pump 02	Basic Stretching	Cyber Pump 02	Cyber Pump 04	Cyber Pump 04		
12:30	Cyber Pump 02			Cyber Pump 04			
13:00				Body Vital 01			
13:30							
14:00							
14:30							
15:00							
15:30							
16:00					Dance 01		
16:30					Dance 01		
17:00	Cyber Pump 03	Core Work 02	Bauch, Beine, Po 02	Rücken Fit 02	Combat 02		
17:30	Pilates 03	Cyber Pump 02	Cyber Pump 03	Dance 01	Pilates 01		
18:00	Core Work 09	Pilates 02	Cyber Pump 03	Core Work 08	Cyber Pump 04		
18:30	Dance 01 Short Cut	Rücken Fit 06	Pilates 01	Pilates 03	Cyber Pump 04		
19:00	Bauch, Beine, Po 01	Combat 02	Dance 01	Combat 02	Combat 01		
19:30	Fat Attack 03	Bauch, Beine, Po 03	Combat 01	Total Body Workout 01	Bauch, Beine, Po 02		
20:00	Cyber Pump 04	Dance 03	Pilates 02	Cyber Pump 04	Fat Attack 03		
20:30	Cyber Pump 04			Cyber Pump 04	Pilates 02		