

# KURSPLAN

ab 09.09.2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:15-10:15 Lady Pump	09:10-10:10 MAWIBA	09:15-10:15 Rückenfit	09:15-10:15 Jumping Intervall	09:15-09:45 Jumping	09:15-09:45 HIIT	09:15-10:15 Bodynetics
10:20-11:20 Rückenfit	09:15-09:45 Jumping	10:25-11:25 Yoga		09:55-10:55 Pilates	09:50-10:20 Sixpack-Workout	
	09:55-10:25 Sixpack-Workout			16:00-17:00 Yoga		
	17:30-18:30 Ballet Workout	18:00-19:00 HIIT		17:00-18:00 Rückenfit		
18:30-19:15 Sling & Tone	18:30-19:30 Pilates		18:30-19:30 Functional Workout	18:05-19:05 Jambo Step		
19:15-20:15 Bodystyling		19:10-20:10 Jumping Intervall	19:30-20:30 Zumba			



Fitness für Frauen