

Kursplan ab September 2022

UHRZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00			60+ 09.00 – 10.00				
10:00		Func. Body Styling 08.30 – 9.15		Mobility 10.00 – 11.00			Indoor Cycling 10.00 - 11.00
11:00					Mama Kind Fit 10.30 – 11.30		
12:00							
13:00							
14:00						Kickboxen (Kinder) 14.00-15.00	
15:00	Danceclub Beginners (6-7J.) 15.30 – 16.15		Danceclub Medium (9-11J.) 16.45 - 17.30				
16:00	Danceclub Mini Kids (4-5J.) 16.15 - 17.00	Danceclub Medium (8-9J.) 16.00 – 16.45					
17:00	Danceclub Beginner /Medium (ab 14J.) 17.00 – 18.00	Danceclub Medium 12-13J.) 16.55 – 17.55			Bungee Fitness 17.30 - 18.30		
18:00	Pilates 18.30-19.30		Yoga 18.00 - 19.00				
				Pump & Step 18.30 - 19.30			
19:00	Indoor Cycling 19.30 - 20.30	Sling Basic 19.00 - 20.00	I.C. Indoor Cycling 19.00 - 20.00				
		Indoor Cycling 19.00 - 20.00					
20:00			Kickboxen 20.15 – 21:15				