

Kursplan

22.10.2018 - 28.10.2018

Montag 22.10.2018	Dienstag 23.10.2018	Mittwoch 24.10.2018	Donnerstag 25.10.2018	Freitag 26.10.2018	Samstag 27.10.2018	Sonntag 28.10.2018
08:30 - 09:20 Rückenfit Klaus	09:30 - 10:00 LesMills CXWorx Nils Kietzer	08:30 - 09:00 Yoga-Morning Glory	09:30 - 11:00 Rückenfit Sylvia	09:30 - 10:15 Functional Medic	11:00 - 12:00 Taekwondo Kids 1	11:00 - 12:30 Sunday Special
09:30 - 10:20 Indoor Cycling	10:10 - 11:10 LesMills Bodypump	09:30 - 10:20 Indoor Cycling	18:00 - 19:00 Ernährungs- & Abneh...	09:30 - 10:20 Fasziengymnastik Melanie	12:00 - 13:00 Taekwondo Kids 2	
09:30 - 10:15 Functional Medic	10:10 - 11:10 LesMills Bodybalanc...	10:30 - 11:15 Functional Women	18:10 - 19:00 Shape Baba	10:30 - 11:30 LesMills TONE	14:10 - 15:10 LesMills Bodypump Anne	
10:30 - 11:20 Pilates Klaus	18:00 - 19:00 INJOY Fitnessführer... Andreas	17:00 - 18:00 LesMills Bodypump Andreas	19:00 - 19:45 Hip Hop I Taka	16:30 - 17:30 Hip Hop Kids II	15:15 - 16:15 LesMills Bodyattack... Anne	
17:00 - 17:25 Step I	18:10 - 18:55 LesMills Bodypump X...	17:00 - 18:00 INJOY Fitnessführer... Daniela	19:10 - 20:10 LesMills Bodybalanc... Melanie	17:15 - 18:00 Functional Athletic...		
17:10 - 18:00 Pilates Helen	19:00 - 19:20 BauchKilla Xpress	17:10 - 18:00 Fasziengymnastik	20:00 - 20:45 Hip Hop II Taka	17:30 - 18:30 Hip Hop Kids III		
17:30 - 18:00 LesMills CXWorx Nils Kietzer	19:10 - 20:00 Indoor Cycling Martin	18:10 - 19:00 Step II Sandra	20:15 - 21:15 Yoga	18:10 - 19:00 Indoor Cycling		
18:00 - 19:00 LesMills Bodypump	19:30 - 20:00 LesMills TONE Xpres...	18:10 - 19:00 Indoor Cycling BEGI... Manfred N.		19:15 - 20:15 LesMills Bodypump		
18:10 - 19:10 Yoga Rebecca	20:00 - 20:45 Functional Athletic...	18:10 - 18:30 BauchKilla Xpress				
19:10 - 20:00 Rückenfit Jule		18:45 - 19:45 LesMills Bodyattack...				
19:10 - 20:10 LesMills Bodybalanc...		19:10 - 20:00 Pilates Sandra				

- Entspannung
- Les Mills
- Hip Hop
- Präventionskurse...
- Indoor Cycling
- Rücken & Gelenke...
- Information
- Taekwondo
- Workout
- Yoga

Stand: 23.10.2018

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<div data-bbox="114 375 371 454" style="background-color: #4CAF50; color: white; padding: 5px; border-radius: 10px;"> 20:10 - 21:00 Indoor Cycling </div> <div data-bbox="114 462 371 542" style="background-color: #2196F3; color: white; padding: 5px; border-radius: 10px;"> 20:15 - 21:00 ZUMBA </div>						

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| Entspannung | Hip Hop | Indoor Cycling | Information |
| Les Mills | Präventionskurse... | Rücken & Gelenke... | Taekwondo |
| Workout | Yoga | | |