

KURSPLAN 2019

MONTAG	DIENSTAG	MITTWOCH
9.00-9.55 BODYTONING Donatella	9.00-9.55 RÜCKENGYM Cynthia	9.00-9.50 PILATES Sarah
10.00-10.55 ZUMBA Melanie	10.00-10.55 JUMPING Rossana	
12.15-13.00 SPINNING Raymond		
17.00-17.55 MIX TONING Maya	17.15-17.45 BAUCHKILLER Vanessa	17.00-17.55 HIP HOP KIDS Ornella/Debby
	OUTDOOR 18.00-18.55 Boot Camp Vanessa	
18.00-18.55 TRX Vanessa	18.00-18.55 BBP Aga	18.00-18.55 SPINNING Raymond
19.00-19.55 Zumba Rossana	19.00-19.55 ZUMBA Toning Nilu	19.00-19.55 TOSO X Victoria
	20.00-20.55 POWER YOGA Steffi	

Änderungen im Plan sind vorbehalten



DONNERSTAG	FREITAG	SAMSTAG
9.00-10.30 STEP/TONING Donatella	9.00-9.55 RÜCKENGYM Daniela	
	10.00-10.55 BBP Sarah	10.00-10.55 HIP HOP KIDS Ornella/Debby
		11.00-12.00 TRX CIRCUIT Team
18.00-18.55 STEP Sarah	17.00-17.55 JUMPING Anastasia	12.00-12.55 Yoga Simone
19.00-19.55 Functional Training Nadine	18.00-19.00 TOSO X Boot Camp Zeljko	
20.00-20.55 PILATES Nadine		

SONNTAG	
10.00-11.00 PILATES Dominique	11.30-13.00 TOSO X Ausdauer Team

