
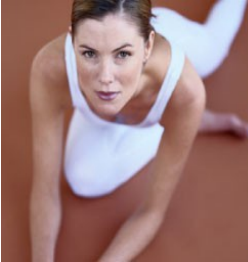




# Kursplan

**gültig ab 01.05.2017**

**Kinderbetreuung:** Mo. - Fr. 09:00 - 12:00

Sa.+ So. 09:30 - 12:30 Uhr

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	10:00 – 10:45 <b>Spinning 50plus</b> Sabine		10:00 – 10:45 <b>Spinning 50plus</b> Sabine	9:45 – 10:45 <b>Spinning</b> Markus		10:15 – 11:15 11:15 – 12:15 <b>Spinning</b> Team
09:30 – 10:25 <b>Body Forming</b> Kerstin	09:00 – 10:20 <b>Yoga</b> Elke	09:00 – 9:55 <b>Rücken Fit</b> Kerstin	09:00 – 10:00 <b>Body Pump™</b> Kerstin	09:00 – 09:55 <b>Chi Yoga</b> Yvonne		
10:30 – 11:15 <b>Stretch &amp; Relax</b> Kerstin	10:45 – 11:45 <b>BBP</b> Markus	10:00 – 10:55 <b>Rücken Fit</b> Kerstin	10:15 – 11:15 <b>Zumba-Step</b> Sabrina	10:00 – 10:55 <b>Beckenboden Gymnastik</b> Nicole	10:00 – 10:55 <b>Fat Burner</b> Team	10:00 – 11:00 <b>Body Pump™</b> Andrea / Ronny
11:15 – 12:00 <b>Stretch &amp; Relax</b> Kerstin		11:00 – 12:00 <b>Rücken Fit</b> Kerstin		11:00 – 12:00 <b>BBP</b> Markus	11:00 – 12:00 <b>Body Pump™</b> Team	
	17:00 – 17:55 <b>Rücken Fit</b> Yvonne			17:30 – 18:30 <b>Body Pump™</b> Arnd		
18:00 – 18:55 <b>Zumba</b> Maria	18:00 – 18:55 <b>Workout Yoga</b> Michael	18:00 – 18:55 <b>Pilates</b> Diana	18:00 – 18:55 <b>Functional Training</b> Arnd	18:45 – 20:00 <b>Workout Yoga</b> Michael		
18:00 – 19:00 <b>Spinning</b> Constanze	18:00 – 19:00 19:00 – 20:00 <b>Spinning</b> Ronny	19:00 – 20:00 <b>Spinning</b> Markus	19:00 – 20:00 <b>Spinning</b> Arnd	18:30 – 19:30 <b>Spinning</b> Arnd		
19:00 – 19:55 <b>Body Pump™</b> Ronny	19:00 – 19:55 <b>Step</b> Susi	19:00 – 19:55 <b>Zumba</b> Sabine	19:00 – 19:55 <b>Rücken Fit</b> Markus			
20:00 – 21:00 <b>Pilates</b> Sabrina	20:00 – 21:00 <b>BBP</b> Susi	20:00 – 21:00 <b>Body Pump™</b> Ronny	20:00 – 21:00 <b>Piloxing</b> Sabrina			