

KURSPLAN

	MO	DI	MI	DO	FR	SO
ICE	8:30 - 9:30 INDOOR CYCLING ICE	8:00 - 9:00 Pilates	9:00 - 10:00 Pilates		9:00 - 10:00 LES MILLS BODYBALANCE	11:00 - 12:00 LES MILLS BODYPUMP
	10:00 - 11:00 Pilates	9:15 - 10:15 Power Yoga	10:00 - 10:45 LES MILLS BODYBALANCE			
	17:30 - 18:30 Yoga		10:45 - 11:30			
1	18:30 - 19:00 LES MILLS CXWORX					
	18:45 - 19:45 Pilates	18:15 - 19:15 LES MILLS BODYBALANCE	18:30 - 19:00 LES MILLS CXWORX			
	19:00 - 20:00 LES MILLS BODYCOMBAT	19:00 - 20:00 Pilates	19:00 - 20:00 LES MILLS BODYCOMBAT	19:00 - 20:00 INDOOR CYCLING ICE	16:00 - 16:30 LES MILLS CXWORX	
	19:00 - 20:00 INDOOR CYCLING ICE	19:30 - 20:30 LES MILLS BODYPUMP	19:00 - 20:00 INDOOR CYCLING ICE	19:15 - 20:15	17:30 - 18:30 LES MILLS BODYPUMP	
	19:45 - 20:45 Pilates	20:00 - 21:00 Pilates	20:00 - 21:00	20:00 - 21:00 LES MILLS BODYPUMP	18:45 - 19:45 INDOOR CYCLING ICE	

Alle

Anfänger

Fortgeschrittene

Kursraum

KURSPLAN

PhysioFit

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
08:30-09:30 INDOOR CYCLING ICE	08:00-09:00 <i>Pilates</i>				
10:00-11:00 <i>Pilates</i>	09:15-10:15 Power Yoga	09:00-10:00 <i>Pilates</i>		09:00-10:00 LES MILLS BODYBALANCE	
		10:00-10:45 deepwork			
		10:45-11:30 LES MILLS BODYBALANCE			11:00-12:00 LES MILLS BODYPUMP
17:30-18:30 Power Yoga				16:00-16:30 LES MILLS CXWORX	
18:45-19:45 <i>Pilates</i>				16:30-17:15 deepwork	
18:30-19:00 LES MILLS CXWORX	18:15-19:15 LES MILLS BODYBALANCE	18:30-19:00 LES MILLS CXWORX		17:30-18:30 LES MILLS BODYPUMP	
19:00-20:00 LES MILLS BODYCOMBAT	19:00-20:00 <i>Pilates</i>	19:00-20:00 LES MILLS BODYCOMBAT			
19:00-20:00 INDOOR CYCLING ICE	19:30-20:30 LES MILLS BODYPUMP	19:00-20:00 INDOOR CYCLING ICE	19:15-20:15 <i>Pilates</i>		
19:45-20:45 <i>Pilates</i>	20:00-21:00 <i>Pilates</i>	20:00-21:00 <i>Pilates</i>	20:00-21:00 LES MILLS BODYPUMP		

Sportraum unten
 Malteser
 Sportraum 1 oben
 Indoor Cycling