



# 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 <b>deepwork</b>			
		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 <b>deepwork</b>	
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