

KURSPLAN

SOMMER 2015

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
9.30-10.30h Flexi Bar	9.30-10.30h Pilates	9.30-10.30h HOT IRON	9.30-10.30h FLEXI BAR	9.30-10.30h Step	
10.30-11.30h Bauch, Beine, Po		10.30-11.30h Cycling		10.30-11.30h XCO	
					13-14h Workout
					14-15h Cycling
18-19h Pilates	18-19h Bauch, Beine, Po	18-19h Boxfit	18-19h Pilates	18-19h Bauch, Beine, Po	
19-20h Hot Iron	19-20h Step	19-20h Workout	19-20h Cycling		
20-21h Cycling		20-21h Flexi Bar	20-21h XCO		

