



Die In Shape-Partner wünschen Dir viel Spaß bei Deinem Trainingsprogramm!

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG	
Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2
	09:15 - 10:15 IndoorCycling	07:15 - 8:15 Yoga		08:30 - 09:15 REHA-Sport		07:15 - 8:15 Yoga		09:15 - 10:15 BodyStyling		15:00 - 15:45 REHA-Sport	16:00 - 17:00 IndoorCycling
09:15 - 10:15 STEP		09:15 - 10:15 BodyPump <small>light</small>		09:15 - 10:15 Pilates		09:15 - 10:15 Rückenfit		10:15 - 11:15 BodyBalance		16:30 - 17:30 BodyCombat	
10:15 - 11:15 Rückenfit		10:15 - 11:15 BodyBalance		10:15 - 11:15 BauchBeinePo		10:15 - 11:15 BodyBalance					
11:15 - 12:00 REHA-Sport						16:00 - 16:45 REHA-Sport		16:00 - 16:45 REHA-Sport			
		17:00 - 17:30 CXWORX <small>green</small>	16:30 - 17:30 YOGA			17:00 - 18:00 Rückenfit		17:00 - 18:00 BodyPump			
17:00 - 18:00 <small>five-gym</small> weil indoor		17:30 - 18:00 BodyCombat <small>green</small>		17:30 - 18:30 YOGA	17:30 - 18:15 REHA-Sport	18:00 - 19:00 Functional Training	18:00 - 19:00 IndoorCycling	18:00 - 19:00 ZUMBA	18:30 - 19:30 IndoorCycling	09:30 - 10:30 STEP	
18:00 - 19:00 Pilates		18:00 - 19:00 BodyPump	18:00 - 19:00 IndoorCycling	18:30 - 19:30 BodyPump	18:30 - 19:30 IndoorCycling	19:00 - 19:30 CXWORX	19:15 - 20:15 IndoorCycling	19:00 - 20:00 WorldJumpingFitness		10:30 - 11:30 BodyPump	10:30 - 11:30 BodyStyling
19:00 - 20:00 BodyPump	19:00 - 20:00 IndoorCycling	19:00 - 20:00 STEP <small>light</small>	19:15 - 20:15 IndoorCycling	19:40 - 20:00 Bauch intensiv		19:30 - 20:30 BodyCombat				11:30 - 12:00 BodyCombat <small>green</small>	
20:00 - 21:00 FaszienYoga		20:05 - 21:05 BodyBalance				20:30 - 21:30 HIIT	20:15 - 21:15 DetoxYoga				

Unser Kursplan ist gültig ab dem 1. Oktober 2019. Änderungen vorbehalten.