

KURSPLAN

gültig ab 17. September 2018



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08 00 TotalBodyWorkout 30 BauchBeinePo	08 00 RückenFit 30 Pilates	08 00 Dance 30 BauchBeinePo	08 00 CoreWork 30 TotalBodyWorkout	08 00 RückenFit 30 Pilates	08 00 Dance 30 RückenFit	08 00 FatAttack 30 Pilates
09 00 RückenFit Mario	09 00 Workout Iveta	09 00 RückenFit Vicky	09 00 BodyweightReha Judith	09 00 ZumbaGold Soheil	09 00 BauchBeinePo 30 FatAttack	09 00 RückenFit 30 BauchBeinePo
10 00 ZumbaGold Soheil	10 00 FatburnAerobic Iveta	10 00 Pilates Vicky	10 00 FatAttack 30 CyberPumpExpress	10 00 ForeverFit Doris	10 00 Workout Rudi/Philipp	10 00 TotalBodyWorkout 30 CyberPump Langhanteltraining
11 00 CoreWork 30 BauchBeinePo	11 00 BauchBeinePo 30 TotalBodyWorkout	11 00 BabyPilates für Mama & Baby	11 00 BasicStretching 30 CoreWork	11 00 CyberPump Langhanteltraining	11 00 IronSystem Rudi/Philipp	11 30 CoreWork
12 00 Pilates 30 RückenFit	12 00 CyberPumpExpress 30 FatAttack	12 00 CoreWork 30 TotalBodyWorkout	12 00 BauchBeinePo 30 FatAttack	12 00 KamiBo 30 CoreWork	12 00 FatAttack 30 CoreWork	12 00 FatAttack 30 RückenFit
13 00 CyberPump Langhanteltraining	13 00 KamiBo 30 RückenFit	13 00 FatAttack 30 Dance	13 00 RückenFit 30 CoreWork	13 00 Pilates 30 RückenFit	13 00 TotalBodyWorkout 30 BauchBeinePo	13 00 Pilates 30 BauchBeinePo
14 00 TotalBodyWorkout 30 CoreWork	14 00 TotalBodyWorkout 30 CoreWork	14 00 Pilates 30 RückenFit	14 00 TotalBodyWorkout 30 BauchBeinePo	14 00 BauchBeinePo 30 CoreWork	14 00 Pilates 30 RückenFit	14 00 TotalBodyWorkout 30 CoreWork
15 00 FatAttack 30 RückenFit	15 00 BauchBeinePo 30 RückenFit	15 00 CoreWork 30 BauchBeinePo	15 00 FatAttack 30 Pilates	15 00 TotalBodyWorkout 30 FatAttack	15 00 CyberPump Langhanteltraining	15 00 FatAttack 30 RückenFit
16 00 TotalBodyWorkout 30 CoreWork	16 00 FatAttack 30 TotalBodyWorkout	16 00 TotalBodyWorkout 30 Pilates Iveta	16 00 RückenFit 30 CyberPump Langhanteltraining	16 00 BauchBeinePo 30 CoreWork	16 00 KamiBo 30 BasicStretching	16 00 BauchBeinePo 30 TotalBodyWorkout
17 00 BauchBeinePo 30 Workout Mario	17 00 Pilates 30 Zumba Elise	17 00 Workout Iveta	17 00 HIIT&Workout Philipp	17 00 CyberPumpExpress 30 Salsation Diana	17 00 FatAttack 30 BauchBeinePo	17 00 CyberPump Langhanteltraining
18 30 StepAerobic 2 Mario	18 30 Functional Gerhard	18 30 StepAerobic I Samuel	18 30 Zumba Philipp	18 30 CircleWorkout Marcos	18 30 CoreWork 30 TotalBodyWorkout	18 00 AeroWorkout Christine
19 30 IronSystem Gerhard	19 30 YOGA Elise	19 30 IronSystem Judith	19 30 YOGA Silke	19 30 CyberPump Langhanteltraining	19 30 CoreWork 30 BauchBeinePo	19 00 ZumbaGold Soheil
20 30 CoreWork	20 30 Systema Selbstverteidigung	20 30 BasicStretching	20 30 Systema Selbstverteidigung	20 30 CoreWork	20 30 CoreWork 30 BauchBeinePo	20 00 YOGA Silke
21 00 BasicStretching 30 RückenFit	21 30 CoreWork	21 00 BauchBeinePo 30 CoreWork	21 30 CoreWork	21 00 FatAttack 30 TotalBodyWorkout	21 00 Pilates 30 RückenFit	21 00 CoreWork 30 TotalBodyWorkout
22 00 BauchBeinePo 30 Pilates	22 30 CoreWork	22 00 KamiBo 30 TotalBodyWorkout	22 30 CoreWork	22 00 Dance 30 BauchBeinePo	22 00 TotalBodyWorkout 30 FatAttack	22 00 KamiBo 30 FatAttack
23 00 TotalBodyWorkout	23 00 KamiBo	23 00 Pilates	23 00 RückenFit	23 00 RückenFit	23 00 CoreWork	23 00 Dance

Kraft & Kraftausdauer
 Körper & Geist
 Aerobic Choreo

Zumba & Salsation
 Zumba Gold
 Langhantel Training

Semesterkurse

SPEEDFIT
...also police fitness

