

Aktueller Kursplan **FIT&FUN**

Das Figur- und Gesundheitsstudio

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:30 – 09:25 Rückenfit	08:30 – 09:25 Pilates	08:30 – 09:25 Rückenfit	09:30 – 10:30 Indoor Cycling	08:30 – 09:25 Body&Soul		
09:00 – 10:00 Sensitiv- Cycling / Zirkel	09:30 – 10:25 Rückenfit	09:45 – 10:45 Ü 60 Karate	09:30 – 10:30 Zumba Gold	09:00 – 10:00 Sensitiv- Cycling /Zirkel		
09:30 – 10:00 Stretch & Relax						10:30 – 11:30 Cycling Crew- System
10:00 – 10:45 Rückenfit					11:00 – 12:00 Zoca	10:30 – 11:30 Bodylift
15:30 – 16:15 Zumba Kids 9 – 12 Jahre			17:00 – 18:00 Fit Kids			
16:30 – 17:15 Zumba Kids 6 – 9 Jahre		17:30 – 18:15 Rückenfit	17:00 – 18:00 Zumba Gold			
18:00 – 18:55 PBB	18:00 – 18:55 Zumba	18:15 – 19:00 Faszien- Training	18:00 – 18:55 Yoga Pilates	18:30 – 19:30 Indoor Cycling		
18:30 – 19:30 Indoor Cycling	19:00 – 19:55 Rowing	18:30 – 19:30 Indoor Cycling	19:00 – 19:55 Zumba			
19:00 – 19:55 Pilates	19:00 – 19:55 Bodylift	19:00 – 19:55 PBB	19:00 – 19:55 Strong Fitness			