

# Kursplan

25.10.2021 - 31.10.2021

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Montag 25.10.2021	Dienstag 26.10.2021	Mittwoch 27.10.2021	Donnerstag 28.10.2021	Freitag 29.10.2021	Samstag 30.10.2021	Sonntag 31.10.2021
08:30 - 09:25 Bauch Beine Po	07:45 - 08:30 Reha-Sport	09:00 - 09:45 Athletik	07:45 - 08:30 Reha-Sport	09:00 - 09:55 BODYBALANCE® (Les M...		09:15 - 10:45 Hatha Yoga
17:25 - 17:55 GRIT® (LesMills)	08:45 - 09:30 Reha-Sport	09:00 - 09:55 Pilates	08:45 - 09:30 Reha-Sport	17:00 - 17:45 Athletik		09:30 - 10:15 Athletik
18:00 - 18:55 BODYPUMP® (LesMills...	09:30 - 10:25 IN Circuit Präventi...	10:00 - 10:55 Senioren Fit+	09:30 - 10:30 IN Circuit Präventi...	18:30 - 19:25 Spinning		10:00 - 11:00 Spinning   INTENSIV...
19:00 - 19:45 TONE® (LesMills)	18:00 - 18:45 BODYATTACK® (LesMil...	17:00 - 18:55 Zumba®	16:00 - 16:45 Reha-Sport			
19:00 - 19:45 Athletik	19:00 - 19:55 BODYBALANCE® (Les M...	17:40 - 17:55 Bauch Express	17:00 - 17:45 Reha-Sport			
20:00 - 20:55 BODYCOMBAT® (LesMil...	20:00 - 20:45 Reha-Sport	18:00 - 18:45 Bauch Beine Po	18:00 - 18:55 BODYPUMP® (LesMills...			
		18:00 - 18:45 Athletik	19:00 - 19:55 BODYATTACK® (LesMil...			
		18:55 - 19:25 GRIT® (LesMills)	19:30 - 20:15 Athletik			
		19:30 - 20:25 Spinning   INTENSIV...				

- Cardiofitness / ...
- Kraft- / Muskelt...
- Körper & Geist
- Martial Arts
- Power / HIIT / F...
- Rehasport / Präv...
- Sanfte Kräftigun...

Stand: 25.10.2021