

# Kursprogramm Gymnastik / Indoor-Cycling

aktualisiert am 1. März 2019 (Änderungen vorbehalten)



Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag		
Move	Shape	Indoor Cycling	Move	Shape	Indoor Cycling	Move	Shape	Indoor Cycling	Move	Shape	Indoor Cycling	Move	Shape	Indoor Cycling	Move	Shape	Indoor Cycling	Move	Shape	Indoor Cycling
9.00				9.00 Aqua Fitness			9.00 Aqua Fitness	9.15 Cardio Cycling 45 min.		9.00 Aqua Fitness			8.45 Aqua Fitness							
Step 2							9.45 Aqua Fitness					10.00 Pilates		9.00 BeBoFit						
10.00 Body-shape			10.15 Body-shape			10.00 Rücken-fitness			10.00 Pilates			11.00 Power Yoga						10.30		
11.00 Power Yoga			11.15 Rücken-fitness 45 min.						11.00 Step 1							13.00 Aqua Fitness		Powerstep		11.00 Cardio Cycling 60 min.
																13.45 Aqua Fitness		BBP	11.30 Rücken-fitness	
																		12.30 Bauch		12.15 Easy Fatburner 45 min.
					16.00 Cardio Cycling 45 min.										15.00 Body-shape					
17.00																				
Step 1	17.30 Rücken-fitness					17.00 Faszien-training				17.30 Yoga 90 min.										
18.00 Body-shape		18.00 Cardio Cycling 60 min.	18.00 Body-shape	18.00 Rücken-fitness	18.00 Easy Fatburner 45 min.	18.00 Body-shape	17.30 Rücken-fitness		18.00 Body-shape		18.30 Cardio Cycling 60 min.	18.00 Power-step	18.00 Body-shape	18.00 Cardio Cycling 60 min.						17.00 Yoga 90 min.
19.00 Press & Pull Workout	Power Yoga		19.00 Cross Fitness	19.00 Taebo	19.00 Cardio Cycling 60 min.	19.00 Cross Fitness	19.00 Yoga	19.00 Easy Fatburner 60 min.	19.00 Dance Step	19.00 Yoga 90 min.		19.00 Cross Fitness								
	Pilates						20.00 Pilates & Entspannung 90 min.		20.00 Press & Pull Workout											

Die Kurse finden jeweils ab drei Teilnehmern statt