

# Kursprogramm Gymnastik / Indoor-Cycling

aktualisiert am 15. Juli 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	Step 2			9.00 Aqua Fitness			9.00 Aqua Fitness	9.15 Cardio Cycling 45 min.		9.00 Aqua Fitness		8.45 Aqua Fitness	10.00 Pilates	9.15 Easy Fatburner 60 min.								
10.00 Body- shape				10.15 Body- shape			10.00 Rücken- fitness	9.45 Aqua Fitness		10.00 Pilates		11.00 Power Yoga									9.00 BeBoFit	10.30 Powerstep
11.00 Power Yoga				11.15 Rücken- fitness 45 min.						11.00 Step 1											13.00 Aqua Fitness	11.30 BBP
					16.00 Cardio Cycling 45 min.										13.45 Aqua Fitness		12.30 Bauch	12.15 Easy Fatburner 45 min.				
17.00	Step 1	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	19.00 Easy Fatburner 60 min.	18.00 Body- shape	17.30 Yoga 90 min.	18.30 Cardio Cycling 60 min.	18.00 Body- shape	19.00 Cross Fitness									
	17.30 Rücken- fitness		18.00 Body- shape	18.00 Rücken- fitness	18.00 Step Basics 30 min.	19.00 Cardio Cycling 60 min.	19.00 Power Step		19.00 Yoga	19.00 Dance Step	19.00 Yoga	18.00 Cardio Cycling 60 min.									17.00 Yoga 90 min.	
18.00 Body- shape	18.30 Power Yoga		19.00 Cross Fitness						20.00 Pilates & Entspan- nung 90 min.	20.00 Press & Pull Workout	90 min.											
19.00 Press & Pull Workout	19.30 Pilates																					

Die Kurse finden jeweils ab drei Teilnehmern statt