

Kursplan (gültig ab April 2016)

Kursplan	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09			Yoga 9.15-10.15		Body Workout 9.15-10.15		
10	Pilates 10-11	WS-Gymnastik 10-11	Body Workout 10.15-11.15		Yoga 10.15-11.15		
11							
12							
13							
14						Aerobic 13.45-14.45	
15						Zumba 14.45-15.45	
16							
17		BOP 17-18	Yoga 17-18		Rollkurs 17-18.30		
18	BOP 18-19	Step 18-19	Body Style 18-19	Step 18-19			
19	Zumba 19-20	Body Workout 19-20	Zumba 19-20	Body Workout 19-20			
20	Power Yoga 20-21						

