

# KURSPLAN gültig ab Oktober 2022

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
9:00 - 10:00 Zirkeltraining	9:00 - 10:00 Wake Up Fitness		9:00 - 10:00 Zirkeltraining			
10:00 - 10:55 Zumba	10:00 - 11:00 WSG	10:00 - 11:30 Yoga	10:00 - 11:00 WSG	10:00 - 11:00 Workout	10:15 - 11:45 Pilates	
		11:45 - 12:30 VarioSling		11:15 - 12:45 Yoga		12:00 - 13:30 Spinbike
14:00 - 15:00 WSG				14:00 - 15:00 WSG	<p style="text-align: center;"><b>Alle Kurse bleiben weiterhin anmeldepflichtig.</b></p>	
17:00 - 17:55 HIIT Lift	17:00 - 17:55 Rücken Fit	17:30 - 18:25 Rücken Fit	18:00 - 18:55 Step	16:30 - 17:25 XCo		
18:00 - 18:55 BBP	18:00 - 18:55 Power Lift	18:30 - 19:25 Deep Work	18:00 - 19:30 Pilates	17:30 - 18:30 Spinbike	<p style="text-align: center;"><b>Kursraum 1</b></p>	
19:00 - 19:55 XCo	19:00 - 20:00 Bootcamp	18:30 - 19:15 Bauchspezial	19:00 - 19:55 Workout	17:30 - 18:30 Deep Work		
20:00 - 21:00 Roxx Boxworkout PRO	19:00 - 20:30 Power Yoga	19:30 - 20:30 Zumba	20:00 - 21:00 Roxx Boxworkout	18:45 - 20:15 Yoga	<p style="text-align: center;"><b>Trainingsfläche</b></p>	
		19:30 - 20:30 Mobi & Stretch				

**NEUE ZEIT**