

# KURSPLAN.



Gültig ab 05/2023

| MO                              | DI                                      | MI                                  | DO                                      | FR | SA                                                 | SO |
|---------------------------------|-----------------------------------------|-------------------------------------|-----------------------------------------|----|----------------------------------------------------|----|
|                                 |                                         |                                     |                                         |    | 09:30 - 10:30 Uhr<br>Functional Fitness<br>Outdoor |    |
|                                 |                                         |                                     |                                         |    |                                                    |    |
|                                 | 17:00 - 18:00 Uhr<br>TRX                |                                     |                                         |    |                                                    |    |
| 18:10 - 18:55 Uhr<br>Zumba Step | 18:15 - 19:15 Uhr<br>Functional Fitness | 18:30 - 19:30 Uhr<br>Bauch/Beine/Po | 17:30 - 18:30 Uhr<br>TRX                |    |                                                    |    |
| 19:00 - 20:00 Uhr<br>Zumba      |                                         |                                     | 18:45 - 19:45 Uhr<br>HIIT x BodyWorkout |    |                                                    |    |