

UNSER KURSPLAN.

AB SEPTEMBER 2020

clever
fit

MO	DI	MI	DO	FR	SA
Außerhalb der Livekurse frei wählbar aus 60 Cyberkursen		REHA 08:00 – 08:45 NADJA			RÜCKEN BAUCH POWER 09:00 – 09:25 MELLI
		REHA 09:00 – 09:45 NADJA	INDOOR CYCLING* 10:00 – 10:50 LILLO		INTENSIVE YOGA 09:30 – 10:30 MELLI
		JUMPING POWER* 17:00 – 17:50 MELLI / JESSY			JUMPING BASIC* 13:30 – 14:30 ALINA
BAUCH-BEINE-PO 17:00 – 17:30 INGA	TRX-KURS 18:00 – 18:45 MELLI	BAUCH-EXPRESS-KURS 18:00 – 18:15 FUNCTIONAL ZONE	BAUCH-EXPRESS-KURS 18:00 – 18:15 FUNCTIONAL ZONE		SO
ZUMBA 17:30 – 18:25 INGA	ZUMBA 18:00 – 18:55 JASMIN	INDOOR CYCLING* 18:00 – 18:50 LILLO	JUMPING BASIC* 17:30 – 18:30 ALINA		BAUCH-BEINE-PO 09:30 – 10:25 MADINA
JUMPING POWER* 18:30 – 19:30 MELLI / JESSY	BODY-FIT-LANGHANTEL 19:00 – 19:45 MELLI	FIT-MIX 19:00 – 19:55 MADINA	STEP AEROBIC 18:40 – 19:40 JASMIN	REHA 18:00 – 18:45 NADJA	SALSATION 10:30 – 11:30 MADINA
INDOOR CYCLING* 19:45 – 20:45 MELLI / JESSY	JUMPING POWER* 20:00 – 21:00 MELLI / JESSY	SALSATION 20:00 – 21:00 MADINA	INTENSIVE YOGA 19:45 – 20:45 MELLI	KICKBOXEN 19:00 – 20:30 OSMAN	* mit Anmeldung an der Theke!