

# KURSPLAN

Whatsapp  
Info-Gruppe

Code scannen  
& beitreten.



Gültig ab: **01.10.2021**

| MO   | DI   | MI   | DO  | FR   | SA  | SO                                      |
|--|--|--|---|--|---|---|
|  |  |  |   | 09.00 / 45' / Sophie<br><b>LES MILLS<br/>BODYBALANCE</b> |   |   |
| 10.00 / 55' / Sarina<br><b>JUMPING<sup>®</sup><br/>FITNESS</b> |  | 10.00 / 55' / Diana<br>Bauch, Beine, Po            | 10.00 / 55' / Svenja<br><b>ZUMBA</b>                  |  | 10.00 / 55' / Xandra<br><b>LES MILLS<br/>BODYPUMP</b> | 10.00 / 55' / Team<br><b>bungee fit</b> |
|  | 12.15 / 45' / Janine<br>HIIT                       |  |   |  | 11.00 / 45' / Xandra<br><b>LES MILLS<br/>CORE</b>     | 11.00 / 55' / Team<br><b>bungee fit</b> |
|  |  |  |   |  | 12.15 / 55' / Joan<br>Boxen                           |   |
| 18.45 / 45' / Alesa<br><b>ZUMBA</b>                            | 18.00 / 55' / Svenja<br>twerXout                   | 18.30 / 55' / Cornelia<br><b>STRONG<br/>NATION</b> | 18.30 / 55' / Xandra<br><b>LES MILLS<br/>BODYPUMP</b> | 18.00 / 55' / Team<br><b>bungee fit</b>                  |   |   |
| 19.45 / 55' / Moana<br><b>LES MILLS<br/>BODYPUMP</b>           | 19.00 / 55' / Cornelia<br><b>STRONG<br/>NATION</b> | 19.30 / 45' / Xandra<br><b>LES MILLS<br/>CORE</b>  | 19.30 / 45' / Joan<br>Boxen - 1                       | 19.00 / 55' / Team<br><b>bungee fit</b>                  |   |   |
|  | 20.00 / 55' / Joan<br>Boxen                        |  | 20.15 / 45' / Joan<br>Boxen - 2                       |  |   |   |