



Körper-Schmiede
Sportstudio

FITNESS-KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.00 - 09.45 REHA SPORT		09:30 - 10:15 REHA SPORT		09:30 - 10:15 REHA SPORT	Samstags finden derzeit keine Kurse statt.	10:00 - 11:00 ZUMBA FITNESS
10:00 - 11:00 PILATES		10:30 - 11:15 REHA SPORT	10:30 - 11:30 INDOOR CYCLING Einsteiger	10:30 - 11:15 REHA SPORT		11:15 - 12:15 INDOOR CYCLING
		11.30 - 12.15 REHA SPORT		11.30 - 12.15 REHA SPORT		12:30 - 13:30 INDOOR CYCLING
		15.30 - 16.15 REHA SPORT Kinder				
16:30 - 17:30 PILATES	16:45 - 17:30 REHA SPORT	16:45 - 17:30 REHA SPORT	16:30 - 17:15 REHA SPORT	17:00 - 18:00 ZUMBA FITNESS		
17:45 - 18:45 JUMPING FIT	17:45 - 18:45 INDOOR CYCLING	17:45 - 18:30 BODY XPRESS	17:30 - 18:30 LES MILLS BODY PUMP	18:15 - 19:15 YOGA		
19:00 - 20:00 LES MILLS BODY PUMP	19:00 - 19:45 LES MILLS DANCE	18:30 - 19:15 JUMPING FIT	18:30 - 19:15 LES MILLS BODY ATTACK			
20:00 - 21:00 LES MILLS BODY COMBAT	19:45 - 20:45 YOGA	19:30 - 20:30 LES MILLS BODY PUMP	19:30 - 20:30 PILATES			