Kursplan

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:00							10:00 – 11:00 Step
11:00							11:00 – 11:45 Sixpack (Bauchkiller)
12:00							
13:00							
14:00							
15:00							
16:00						16:30 – 17:30 Body Crash	
17:00			17:00 – 18:00 Body Crash				
18:00		18:15 – 19:15 BBP	18:00 – 19:00 Body Crash	18:00 – 19:00 Indoorcycling	18:00 – 19:00 HipHop		
19:00	19:00 – 20:00 HeavyBoW	19:15 – 20:15 Step	19:00 – 19:45 Sixpack (Bauchkiller)	19:00 – 20:00 HeavyBoW	19:00 – 20:00 HipHop 2.0		
20:00					Raum belegt!!! Diversity Gruppe Emelie		
21:00							
22:00							

POINT of Fitness