

# Kursplan

21.01.2019 - 27.01.2019

Ladies Fitness  
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Montag 21.01.2019	Dienstag 22.01.2019	Mittwoch 23.01.2019	Donnerstag 24.01.2019	Freitag 25.01.2019	Samstag 26.01.2019	Sonntag 27.01.2019
09:05 - 10:00 deepWork® (A)	09:15 - 10:15 bodyART (STRENGTH) ...	09:15 - 10:10 Body Control (A)	09:00 - 10:00 bodyART (Energetic)...	09:00 - 09:45 Rücken (A)	10:30 - 11:30 Body Control (A)	09:45 - 10:45 Pilates (A)
10:05 - 11:05 Workout (A)	10:15 - 11:00 Step & Workout (A)	10:15 - 11:00 Wirbelsäule (A)	09:15 - 10:15 Zumba® (A)	09:15 - 10:00 Workout	11:30 - 12:45 bodyART (int. Syste...	10:00 - 11:00 Aerobic (F)
11:10 - 11:50 Black Roll (A)   St...	10:15 - 11:15 effective Zirkel   ...	15:00 - 15:45 Rücken (Rehabilitat...	10:15 - 11:15 effective Zirkel   ...	10:00 - 10:45 Black Roll	13:15 - 14:15 Spining mit Partner...	11:00 - 12:00 Pilates (A)
17:15 - 18:15 Wirbelsäule (A)	17:50 - 18:50 Spinning (A)	17:15 - 18:15 bodyART (Energetic)...	10:15 - 11:15 Pilates (A)	10:00 - 11:00 Spinning (A)		12:00 - 13:00 Piloxing (A)
18:15 - 19:00 Functional Core (A...	19:00 - 20:00 Body Control (A)	18:15 - 19:10 deepWork® (A)	17:00 - 18:00 Piloxing (A)	11:00 - 11:45 Rücken Rehabilitati...		
19:00 - 20:05 bodyART (int. Syste...	20:00 - 21:00 Pilates (A)	19:20 - 20:45 Spinning (F)	18:00 - 19:00 Dance Workout (A)			
20:10 - 21:10 Zumba® (A)						

■ Figurstraffung/G...
 ■ Herz-Kreislauf-T...
 ■ Körper & Entspan...
 ■ Rücken & Gesundh...

Stand: 22.01.2019