

Kursplan

Aerobic- und Gesundheitsstudio

just move!

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|---------------------------------|-------------------------------|----------------------------|-------------------------------|---------------------------------|------------------------|
| vormittags | | | | | |
| Bodystyle 09:00 - 10:00 | Rücken - Fit 09:00 - 09:45 | | | 50Plus 09:00 - 10:00 | Zumba 10:00 - 10:50 |
| nachmittags | | | | | |
| | | Pilates 17:00 - 17:45 | | Bodystyle 17:00 - 18:00 | |
| Step - Aerobic 18:00 - 19:00 | BBP 18:00 - 19:00 | BBP 18:00 - 19:00 | Rücken - Fit 18:00 - 18:45 | Step - Aerobic 18:00 - 19:00 | |
| Bodystyle 19:00 - 20:00 | Zumba 19:00 - 19:50 | Aerobic 2 19:00 - 20:00 | Zumba 19:00 - 19:50 | | |