

MONTAG

DIENSTAG

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9.00-10.00 Workout		9.00-10.00 Jumping		9.00-9.30 Rücken Spezial		9.00-9.45 Bauch Beine Po		9.00-10.00 Balance Swing®		10.00-11.00 Workout	
10.00-11.00 Spinning®		10.00-10.30 Bauch Spezial		9.30-10.30 Spinning®		9.45-10.30 Pilates				11.15-12.15 Yoga Sensitiv	
		10.30-11.15 Reha Kurs		16.30-17.15 Reha Kurs							
18.00-19.00 Bauchtanz	18.15-19.15 Langhantel	18.00-19.00 Balance Swing®	18.00-19.00 Poedance	17.30-18.15 Workout		17.30-18.15 Funktional Zirkel	18.00-19.00 Pole freies Training	17.30-18.15 Jumping			
19.15-20.15 Jumping		19.00-20.00 bodyART®	19.00-20.00 Poedance	18.30-19.45 Yoga	18.00-20.00 Pole freies Training	18.15-19.00 Jumping		18.30-19.30 Spinning®			
19.30-20.30 Spinning®		20.00-21.00 Poedance		19.00-20.00 Dance		19.00-20.00 Pilates bodyART®		19.30-20.30 Langhantel			



**FITNESS
FORUM** 

DAS STUDIO FÜR DIE FRAU