

## Kursplan / Fitness Room, Menden

Stand 05.04.2024

Mo	Di	Mi	Do	Fr	Sa	So
	<b>Rücken-Fit</b>					
	9.00 – 10.00					
<b>Pilates</b>						<b>ZUMBA</b>
10.00 – 11.00						10.30 – 11.30
<b>BOP</b>	<b>Step Fatburner</b>		<b>Bodystyling</b>	<b>Tabata</b>		
18.00 – 19.00	18.00 – 19.00		18.00 – 19.00	16.30 – 17.00		
<b>Fit Gym Workout</b>	<b>Bauch X Press</b>		<b>Bauch X Press</b>	<b>Bauch X Press</b>		
19.00 – 20.00	19.00 – 19.30		19.00 – 19.30	17.00 – 17.30		
	<b>ZUMBA</b>	<b>STRONG</b>	<b>STRONG</b>			
	19.30 – 20.30	19.30 – 20.30	19.30 – 20.30			