

## Kursplan / Fitness Room, Menden

Stand 06.01.2022

Mo	Di	Mi	Do	Fr	Sa	So
	<b>Rücken-Fit</b>					
	9.00 – 10.00					
<b>Pilates</b>						
10.00 – 11.00						
						<b>ZUMBA</b>
						10.30 – 11.30
<b>Bodyforming</b>	<b>Step-Fatburner</b>	<b>Bodystyling</b>				
18.00 – 19.00	18.00 – 19.00	18.00 – 19.00				
<b>Intervall Fatburner</b>	<b>Bauch X Press</b>	<b>Bauch X Press</b>				
19.00 – 20.00	19.00 – 19.30	19.00 – 19.30				
	<b>ZUMBA</b>	<b>STRONG</b>	<b>STRONG</b>			
	19.30 – 20.30	19.30 – 20.30	19.30 – 20.30			