

Kursplan / Fitness Room, Menden

Stand 12.11.2025

Mo	Di	Mi	Do	Fr	Sa	So
	Rücken-Fit			Core & Stretching		
	9.00 – 10.00			9.00 – 10.00		
Pilates						ZUMBA
10.00 – 11.00						10.30 – 11.30
BOP	Step Fatburner	Fit Gym Workout	Bodystyling			
18.00 – 19.00	18.00 – 19.00	18.00 – 18.45	18.00 – 19.00			
Fit Gym Workout	Bauch X Press	HIIT Workout	Bauch X Press			
19.00 – 20.00	19.00 – 19.30	18.45 – 19.30	19.00 – 19.30			
	ZUMBA	ZUMBA	STRONG			
	19.30 – 20.30	19.30 – 20.30	19.30 – 20.30			