Kursplan / Fitness Room, Menden

Stand 29.01.2026

Mo	Di	Mi	Do	Fr	Sa	So
	Rücken-Fit			**Core & Stretching**		
	9.00 – 10.00			9.00 – 10.00		
Yoga						**ZUMBA**
10.00 – 11.00						10.30 – 11.30
BOP	**Step Fatburner**	**Fit Gym Workout**	**Bodystyling**			
18.00 – 19.00	17.30 – 18.30	18.00 – 18.45	18.00 – 19.00			
Fit Gym Workout	**Bauch X Press**	**HIIT Workout**	**Bauch X Press**			
19.00 – 20.00	18.30 – 19.00	18.45 – 19.30	19.00 – 19.30			
	ZUMBA	**ZUMBA**	**STRONG**			
	19.30 – 20.30	19.30 – 20.30	19.30 – 20.30			