

Kursplan / Fitness Room, Menden

Stand 19.08.2023

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