

## Kursplan / Fitness Room, Menden

Stand 17.02.2025

Mo	Di	Mi	Do	Fr	Sa	So
	<b>Rücken-Fit</b>			<b>Core &amp; Stretching</b>		
	9.00 – 10.00			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>Fit Gym Workout</b>	<b>Bodystyling</b>			
18.00 – 19.00	18.00 – 19.00	18.00 – 18.45	18.00 – 19.00			
<b>Fit Gym Workout</b>	<b>Bauch X Press</b>	<b>HIIT Workout</b>	<b>Bauch X Press</b>	<b>HIIT &amp; Core</b>		
19.00 – 20.00	19.00 – 19.30	18.45 – 19.30	19.00 – 19.30	17.00 – 18.00		
	<b>ZUMBA</b>	<b>STRONG</b>	<b>STRONG</b>			
	19.30 – 20.30	19.30 – 20.30	19.30 – 20.30			