

# KURSPPLAN

## Montag

9:30-10:15	Rücken Fit
10:15-10:45	Yoga
17:00-18:00	Indoor Cycling
19:00-20:00	Total Body Workout

## Dienstag

18:00-18:30	Power Yoga*
18:30-19:30	Get Fit

## Mittwoch

18:00-18:45	Hula Hoop*
18:45-19:15	BauchXpress
19:15-19:35	Stretching

## Donnerstag

18:15-19:15	Indoor Cycling
19:30-20:15	Hula Hoop*

## Freitag

9:30-10:15	Rücken Fit
10:15-10:35	Stretching
18:15-19:15	Zumba