




# KURSPLAN WEILIMDORF

Gültig ab 06.03.2020

**STUDIO**  
FITNESS  
GENIAL. GUT. GÜNSTIG

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
Bauch Beine Po 08.30 – 09.25		Bauch Beine Po 09.00 – 09.55				
Pilates 09.30 – 10.25		Wirbelsäulen- gymnastik 10.00 – 10.55		<b>LES MILLS</b> <b>BODYPUMP</b> 10.30 – 11.25		Sunday Power 10.00 – 10.55
						Sunday Power 11.00 – 11.55
<b>LES MILLS</b> <b>CXWORX</b> 17.30 – 17.55		<b>LES MILLS</b> <b>CXWORX</b> 17.30 – 17.55		<b>LES MILLS</b> <b>BODYPUMP</b> 17.00 – 17.55		
<b>LES MILLS</b> <b>BODYCOMBAT</b> 18.00 – 18.55	 <b>ZUMBA</b> FITNESS 18.00 – 18.55	Pilates 18.00 – 18.55	<b>LES MILLS</b> <b>BODYPUMP</b> 18.00 – 18.55	 <b>STRONG</b> BY ZUMBA 18.00 – 18.55		
<b>LES MILLS</b> <b>BODYPUMP</b> 19.00 – 19.55	 <b>STRONG</b> BY ZUMBA 19.00 – 19.55	<b>LES MILLS</b> <b>BODYPUMP</b> 19.00 – 19.55	<b>LES MILLS</b> <b>BODYCOMBAT</b> 19.00 – 19.55			