



KURSPLAN WEILIMDORF

Gültig ab 22.11.2021

STUDIO
FITNESSES
GENIAL. GUT. GÜNSTIG

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
		Bauch Beine Po 09.00 – 09.55				
		Wirbelsäulen- gymnastik 10.00 – 10.55				Sunday Power 10.00 – 10.55
				LES MILLS BODYPUMP 11.05 – 12.05		Sunday Power 11.00 – 11.55
LES MILLS CORE 17.30 – 17.55		LES MILLS BODYPUMP 17.30 – 18.30				
LES MILLS BODYCOMBAT 18.00 – 19.00	 ZUMBA FITNESS 18.00 – 19.00	LES MILLS CORE 18.35 – 19.00	LES MILLS BODYPUMP 18.00 – 19.00			
LES MILLS BODYPUMP 19.05 – 20.05	 STRONG BY ZUMBA 19.05 – 20.05	Pilates 19.05 – 20.05	LES MILLS BODYCOMBAT 19.05 – 20.05			