

KURSPLAN

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
10:00- 11:00 Präventionskurs RückenFit*	11:00- 11:20 FaszienWorkout Stretching		11:00- 11:20 Wirbelsäulen- Training	11:00- 11:15 SchwingStab ¹		9:00- 9:40 Turmberg Workout
11:00- 11:20 RückenFit	16:00- 17:00 eMA Kampfsport*	17:30- 17:45 TabataWorkout	16:00- 17:00 eMA Kampfsport*			13:00- 13:45 BBP
17:30- 17:45 TabataWorkout ¹	17:00- 18:00 eMA Kampfsport*	17:50- 18:05 Kettlebell Workout	18:15- 19:15 Präventionskurs RückenFit*	17:30- 17:45 TabataWorkout	15:00- 15:30 Zirkeltraining	
17:50- 18:05 BauchIntensiv ¹	17:30-17:45 Rückenzirkel	18:25-18:55 Pilates	19:15- 19:45 BoxWorkout	17:50- 18:10 FaszienWorkout Stretching		
19:00- 19:30 Zirkeltraining	18:00- 19:00 eMA Kampfsport*	19:00-20:30 eMA Kampfsport*	19:50- 20:05 Schwingstab	18:00- 19:00 eMA Kampfsport*		
19:35 19:55 FaszienWorkout Stretching	19:00- 19:30 LatinDance Workout ¹	19:00-19:20 TabataWorkout	20:10- 20:25 Kettlebell Workout	19:05- 20:00 eMA Kampfsport*		
	19:35- 20:20 KickboxAerobic	19:25-19:40 BauchIntensiv	20:30 22:00 eMA Kampfsport Sparing*	20:20- 21:40 eMA Kampfsport*		

