

# KURSPLAN

	7:30 - 8:20	8:30 - 9:20	9:30 - 10:20	10:30 - 11:20	12:00 - 15:00	15:00 - 15:50	16:00 - 16:50	17:00 - 17:50	18:00 - 18:50	19:00 - 19:50	20:00 - 20:50	
MONTAG	JUMPING			SENIOR					HIIT	STRETCHING		
		FLOWIN	TBW									
DIENSTAG	HIIT			SENIOR								
		JUMPING	FLOWIN						JUMP.KIDS	JUMPING	CIRCLE	
MITTWOCH	JUMPING	TBW	JUMP.POWER	SENIOR			JOGA	Qi GONG				
										FLOWIN	CIRCLE	
DONNERSTAG	JUMPING		JUMP.POWER	SENIOR					BOXING JOGA			
	HIIT	CIRCLE								JUMPING	TBW	JUMP.POWER
FREITAG								Qi GONG	JOGA			
		JUMPING	FLOWIN	JUMP.KIDS							JUMPING	TBW
								SENIOR	CIRCLE	HIIT		

	9:00 - 9:50	10:00 - 10:50	11:00 - 11:50	12:00 - 12:50	13:00 - 13:50	14:00 - 14:50	15:00 - 15:50	16:00 - 16:50	17:00 - 17:50	18:00 - 18:50	19:00 - 19:50	20:00 - 20:50
SAMSTAG	CIRCLE		HIIT						HIIT	CIRCLE		
				JOGA		JOGA		BOXING JOGA				
SONNTAG	JUMPING	JUMPING	HIIT	TBW			JUMP.POWER	TBW	JUMPING			
	CIRCLE								JUMPING	FLOWIN		
												JOGA

**HIIT** High Intensity Interval Training  
**TBW** Total Body Workout  
**CIRCLE** CIRCLE training

## TRAINER

JARKA
SASHA
FILIP
NORO