

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									HIIT	STRETCHING		
DINNSTAG	HIIT			SENIOR								
MITTWOCH			JOGA	FIT BALL			KIDS DANCE	SENIOR FIT	RUCKEN	JUMPING	JOGA	FIT DANCE
DONNERSTAG		CIRCLE		HIIT								
FREITAG									FIT BALL	KIDS DANCE	JUMPING	JOGA
									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					RUCKEN	RUCKEN	FLOWIN	ZUMBA	KIDS DANCE	JUMPING	FIT DANCE	JOGA
SONNTAG	CIRCLE		HIIT									

HIIT High Intensity Interval Training
 CIRCLE CIRCLE training

TRAINER
 FILIP
 ANKA