

# Kursprogramm

gültig ab 01.07.21

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10.00 - 11.00 Aerobic XS	10.00 - 11.00 Body Up!	10.00 - 11.00 Pilates	09.30 - 10.30 Bodystyling	09.30 - 10.30 Fit@All		10.00 - 11.00 Body Fit
	11.00 - 12.00 Mobility Silver		10.30 - 11.30 Flexability	10.30 - 11.45 Yoga für den Rücken		11.00 - 12.00 Hot Iron
18.00 - 19.00 Step 4 All	18.15 - 19.00 Your Hour	18.00 - 19.00 Hot Iron	18.00 - 19.00 Body & Mind	18.00 - 19.00 Lady Fit		17.00 - 18.00 Vinyasa Yoga
19.00 - 20.00 Bodyforming	19.00 - 20.00 Pilates	19.00 - 20.00 Power Circle	19.00 - 20.00 Free Style Fitness	19.00 - 20.00 Zumba		18.00 - 19.00 Power Yoga

**maxx**  
sports & wellness



