


Kursplan Herbst-Winter 2020/21

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:15 – 08:15 BODEGA MOVES® CHRISTINE	07:15 – 08:15 BODY ART® TIM	08:30 – 09:30 RÜCKEN FIT TUCHERFIT-TRAINER		07:15 – 08:00 SYNRGY ZIRKEL TUCHERFIT - TRAINER	10:00 – 10:50 FUNCTIONAL JULI	10:00 – 10:50 CIRCUIT TRAINING HEIDI
08:15 – 08:45 BODEGA REFLOW® CHRISTINE	07:15 – 08:00 SYNRGY ZIRKEL TUCHERFIT - TRAINER				11:00 – 12:00 RÜCKEN FIT JULI	11:00 – 12:00 INDOOR CYCLING HEIDI
	08:30 – 09:30 INDOOR CYCLING TIM					
17:15– 17:45 SYNRGY ZIRKEL TUCHERFIT - TRAINER		17:15– 17:45 SYNRGY ZIRKEL TUCHERFIT - TRAINER	17:30 – 18:20 JUMPING FITNESS NINA	17:15– 17:45 SYNRGY ZIRKEL TUCHERFIT - TRAINER	16:00 – 16:50 NEU BAUCH BEINE PO PERVIN	16:00 – 17:00 NEU YOGA PETER AB 25.10.2020
18:00 – 18:30 SYNRGY ZIRKEL TUCHERFIT - TRAINER		18:00 – 18:30 SYNRGY ZIRKEL TUCHERFIT - TRAINER	18:30 – 19:20 DEEP WORK® FUNCTIONAL NINA	18:00 – 18:30 SYNRGY ZIRKEL TUCHERFIT - TRAINER	17:00 – 18:00 NEU PUMP & SHAPE PERVIN	17:00 – 18:00 NEU PILATES MARTINA AB 25.10.2020
18:00 – 18:50 JUMPING FITNESS LARA	18:00 – 18:50 ZUMBA® MARIANELA	18:30 – 19:30 INDOOR CYCLING KOLJA	18:30 – 19:20 NEU BOX FIT LARA	18:00 – 18:50 TOTAL BODY WORKOUT MARIANEL		
19:00 – 19:50 BODYTONING LARA	19:00–20:00 MOBILITY YOGA FLOW MARIANELA	18:30–19:20 FATBURNER CHRISTINE	19:30 – 20:20 RÜCKEN FIT NINA	19:00 – 20:00 YOGALATES MARIANELA		
19:00 – 20:00 INDOOR CYCLING SEVIM		19:30 – 21:00 BODEGA MOVES® CHRISTINE	20:30 – 21:00 FASZIEN NINA			
20:00 – 21:00 FASZIEN SEVIM		19:30 – 20:30 NEU INDOOR CYCLING KOLJA				 = Alle Levels