KURSPLAN

NEVER GIVE UP

Figur & Ausdauer | Gesundheit & Kraft | Prävention & Reha | Körper & Geist

Mo	Di	Mi	Do	Fr
9:00-9:45 Jumping Fitness	**16:30-17:30** Kids Workout	**9:00-10:00** Beckenboden Gymnastik	**9:00-9:45** Fit in den Tag	**9:00-9:45** Faszien Fit Strech & Relax
9:00-10:00 Neue Rückenschule	**17:15-18:00** Jumping Fitness	**10:15-11:15** Rehasport-Orthopädie	**17:15-18:00** Jumping Fitness	**10:00-11:00** Rehasport-Orthopädie
10:15-11:15 Rücken Power	**17:30-18:30** Teens Workout	**17:15-18:00** Drums Alive	**17:45-18:45** Rehasport-Orthopädie	**16:00-16:45** Jumping Kids
16:00-16:45 Jumping Kids	**18:15-19:15** Pilates	**18:15-19:00** Jumping Fitness	**18:15-19:00** Bauch-Beine-Po	
17:15-18:00 Strong Body	**19:00-20:00** Zumba	**19:00-19:45** Functional Training	**19:00-20:00** Rücken-power	
18:15-19:00 Indoor Cycling	**19:30-20:30** Vinyase Yoga	**19:00-20:00** Indoor Cycling		
18:15-19:00 Surprise Kids				
19:15-20:00 Step-Arobic				
20:00-20:50 Core Stability				

FITNESSPARK