

WellFit Kursplan ab 01. Februar 2019

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2
BODYPUMP 06:30	Vinyasa Power Yoga 75 08:15	KiboFit 30 Express 07:35	Yoga 06:30	BODYPUMP 06:30		RPM 50 Original 06:30	Yoga Aufbaukurs 70 08:00	MIX-Cycling 75 08:15	RückenFit 08:00				
BodyFit 09:00		HIIT 30 Express Hochintensives Intervalltraining 08:05		BodyFit 09:00		BODYATTACK 30 EXPRESS 09:10	bodyART 09:00	BODYPUMP 10:00	bodyART 09:00	BODY-COMBAT 10:00		Pilates 09:15	Mix-Cycling 70 09:15
MIX-Cycling 75 10:15	Pilates 10:00	VitaFit 09:00	YinYoga 09:00	Pilates 10:10		GRIT Serie Cardio 09:40 <i>ab 01.02.</i>	BodyFit 09:10		BodyFit 10:00			BODYPUMP 10:30	BODYATTACK 10:30
RückenFit 12:00		Dance Dance Dance 10:00	Hard CORE 30 10:00		Hatha Yoga sensitiv 75 10:15	Pilates 10:15	Hard CORE 30 10:10	CXWORX 11:10	Stretching 30 11:00	GRIT Strength 11:00		CXWORX 11:30	
	CANTIENICA® Beckenboden 2 Kurse 13:15 – 16:25 <i>Im Wechsel mit Mittwochkurs</i>			Lil Dragon 4-6 Jahre 15:00	CANTIENICA® Beckenboden 2 Kurse 13:00 – 16:30 <i>Im Wechsel mit Montagskurs</i>								
BODYPUMP 17:15	Power-workout 18:15	Mix-Cycling 17:10	Pilates 16:00	Step Aerobic Basic Workshop 17:00 <i>Verlängerung Jan.+Feb.</i>	RückenFit 17:00	RPM 50 Original / Mix-Cycling 17:15		Mix-Cycling 17:00		RPM 50 Original / Mix-Cycling 16:00			Step Aerobic 17:00
RPM 50 Original / Mix-Cycling 18:15		Mix-Cycling 18:10	Pilates 17:00		Vinyasa Power Yoga 18:15	BODYPUMP 18:10	GRIT Cardio 18:30	Hot Iron Cross 18:00	Hard CORE 30 17:30	BODYPUMP 17:00			
BODYATTACK 19:10	Pilates Express 30 19:15	BODYPUMP 19:15	GRIT Plyo/ Cardio 18:00	RückenFit 18:00	YinYoga 19:15	BODY-COMBAT 19:10	bodyART 19:10	Zumba 19:00			Faszien Yoga Special 18:00 <i>Februar-Block</i>		Pilates 18:00
BODYPUMP 20:15	CXWORX 19:45		GRIT Strength 18:30	BODYPUMP 19:00			Vinyasa Power Yoga 75 20:15	Pilates 20:00	bodyART 19:10				
			BODYJAM 19:10										
			bodyART 20:15	Mix-Cycling 20:00									