Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
18:00 - 19:00	17:30 - 18:45	17:45 - 19:00		16:45 - 17:45		
Step&Style (E-M)	Body Style (A)	Yoga (A)		Body Style (A)		
☐♥🏋	☐🏋	☯		☐🏋		
19:00 - 20:00	18:45 - 19:30			17:45 - 18:45		
BodyART™ (A)	Step (E-M)			Rückenkurs (A)		
☐☯🏋	♥			☯🏋		
20:00 - 21:00	19:30 - 20:30		19:00 - 20:00	19:00 - 20:30		
Karate (A)	Tea-bo-xing (A)		Boxen	Karate (A)		
♥🏋☐	♥🏋		♥🏋	♥🏋		

A = Alle E = Einsteiger M = Mittelstufe

♥ Ausdauer 🏋 Workout ☯ Wellness

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