

Öffnungszeiten/Kursplan

Tag/ Uhrzeit	MO	DI	MI	DO	FR	SA
08:30	08.30 - 14.00		08.30 - 14.00		08.30 - 14.00	
09:00		09.00 - 14.00		09.00 - 14.00		09.00 - 12.00
09:30	09.30 - 10.30		09.30 - 10.30			
10:00	LMI STEP		LMI STEP			
10:30						
11:00						
11:30						
12:00						12.00 - 13.00
12:30						BODYPUMP
13:00					13.00 - 14.00	
13:30					BODYBALANCE	
14:00						
14:30						
15:00						
15:30			15.20 - 16.00 H.I.I.T.			
16:00	16.00 - 20.00	16.00 - 19.00	16.00 - 20.00	16.00 - 19.00	16.00 - 19.00	
16:30	16.30 - 17.30	16.30 - 17.30		16.30 - 17.30		
17:00	BODYPUMP	Core-Tr.	17.00 - 18.00	BODYPUMP		
17:30			BODYBALANCE			
18:00	18.00 - 19.00	18.00 - 19.00	18.00 - 19.00	18.00 - 19.00	18.00 - 19.00	
18:30	Schlingentr.	LMI STEP	Schlingentr.	LMI STEP	H.I.I.T.	
19:00						
19:30						

	Zirkelbetrieb
	BODYPUMP
	LMI STEP
	BODYBALANCE

	Core-Training
	Schlingentraining
	H.I.I.T.