

Kursplan

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
					8:00 – 9:00 Nordic Walking	
9:00	9:15 – 10:00 Gymnastik		9:45 – 10:30 BBP*			
10:00		10:00 – 10:45 Workout		10:00 – 10:45 Step-Arobic	10:00 – 10:45 Zirkeltraining	10:00 – 10:45 Workout
11:00						
12:00						
13:00			*BBP: Bauch Bein Po (Matten- programm)			
14:00						
15:00						
16:00						
17:00						
18:00	18:00 – 18:45 Zirkeltraining		18:00 – 18:45 BBP*	18:00 – 18:45 Workout		
19:00		19:00 – 20:00 Nordic Walking				