

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
KURSPLAN AB DEM 13.01.2020						
	10.15-10.45 Stabilisation und Gleichgewicht				10:15- 11:15 SANDRA'S FULL BODY-POWER	
					11:20- 12:00 SANDRA'S RÜCKENSCHULE	
Free Zone ohne Kursanmeldung						
17:40 - 18:00 Quickie Arme	17:40 - 18:00 Quickie Brust	17:40 - 18:00 Quickie Bauch	17:40 - 18:00 Quickie Po	17:40 - 18:00 Quickie Bauch 2		15:40 - 16:00 Quickie Beine
18:15 - 19:15 Irina's B-B-P	18:15 - 19:15 Irina's Zumba		18.15-19.00 Sandra's Warrior-Girl	18.30 - 19.30 Pertra's Yoga		
19:20 - 20:20 Vanessa's Latin-Dance	19:20 - 20:20 Irina's Iron-Girl	19:20 - 20:20 Chiara's Body-Shape	19:00 - 20:00 Thomas K.'s Pilates			