

<b>MONTAG</b>	<b>DIENSTAG</b>	<b>MITTWOCH</b>	<b>DONNERSTAG</b>	<b>FREITAG</b>	<b>SAMSTAG</b>	<b>SONNTAG</b>
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**KURSPLAN** ab Montag **06.09** im Club Platzreservierung über **MYSPO RTS APP**

	<b>11.00-12.00</b> funktionelles Training mit Natalie				<b>10.15-11.15</b>  Sandra's Rückenschule	
					<b>11.30- 12.30</b> Sandras Full-Body-Power	

**QUICKIE'S FREI FÜR ALLE**

<b>17:40 - 18:00</b> Quickie Arme	<b>17:40 - 18:00</b> Quickie Brust	<b>17:40 - 18:00</b> Quickie Bauch	<b>17:40 - 18:00</b> Quickie Po			<b>15:40 - 16:00</b> Quickie Beine
<b>18:15 - 19:15</b> Sandra's Mixed-Motion	<b>18:15 - 19:15</b> Irina's BaBePo	<b>18:15 - 19:15</b> Natalies pumping Iron	<b>18:15 - 19:15</b> Irina's Dance Mix	<b>18.15- 19.15</b> Irina's + Nadja's ZUMBA		
<b>19:25 - 20:20</b> Natalie's Pilates	<b>19:25 - 20:20</b> Jay's Step Aerobic	<b>19:25 - 20:20</b> Chiara's Body-Shape	<b>19:25 - 20:20</b> Nicole's QiGong	<b>19:25 - 20:20</b> Petra's Yogastunde		