

# KURSPLAN 2012

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	
	11.30 - 12.30 Pilates *	10.00 - 11.00 RückenFit WSG *	10.00 - 11.00 Yogilates *			
					13.30 - 14.30 Pimp-your-Body ***	
17.00 - 18.00 Bodyforming **		17.00 - 18.00 Lauftreff *	18.00 - 18.30 Bauchkiller **		14.30 - 15.00 Bauchkiller **	
18.00 - 19.00 RückenFit WSG **	18.30 - 19.00 Bauchkiller **	18.00 - 19.00 Yogilates **	18.30 - 19.30 BBP **			
19.00 - 20.00 Pimp-your-Body ***	19.00 - 20.00 Cardio Mix ***	19.00 - 20.00 Spin Racing **	19.30 - 20.30 Yoga ***	19.00 - 20.00 Spin Racing ***		
	20.00 - 21.30 Thai Boxen ***	20.00 - 21.00 Spin Racing **	20.00 - 21.30 Thai Boxen ***			* = leicht ** = mittel *** = schwer