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|  ***Montag*** |  ***Dienstag*** |  ***Mittwoch*** |  ***Donnerstag*** |  ***Freitag*** |  ***Samstag*** |

KURSPLAN Winter / Frühling 2019 Änderungen vorbehalten gütig ab 01. Februar 2019

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| 9.30 -10.30**Bauch-Beine-Po**Karin  |  | 8.30 - 9.30**Pilates** Christiane L.  |  |  | 9.00 – 9.30**Morning Jump**Christiane | 9.00 - 10.00**PILATES**Sylvia  |  | 8.30 - 9.30**Deep Work** Petra |  |  |
| **10.30-11.30** **RÜCKENFIT**Karin |  | 9.30 – 10.45Body ArtPetra  |  | **9.35 -10.30** **BODYSTYLING**Christiane  |  | 10.00 – 11.00**ENERGY-** **BALANCE** Sylvia |  | 9.30-10.30**BAUCH-BEINE-PO** Petra  |  |  |
|  |  |  |  | 10.35 – 11.00 **Healthy Stretch** Christiane A.  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | **Zwischen**  |
| 17.00-17.55**ZUMBA** Nici |  | 16.45 – 17.45YOGAAnna  |  | 18.00 - 19.00**YOGA**Tina  |  | 17.45-18.45**ZUMBA****/work out** \*Nici  | 17.30 – 18.30Body ArtPetra  | 18.00-19.30YOGARosemarie |  | **16.00 – 18.00 Uhr** |
| 18.00-19.00**RÜCKENGYM /****Yoga move back**\*Christiane A. | 18.00 -19.00**JUMP & Fun**Nici | 17.45 – 18.45**ZUMBA** Elodie |  | 19.00-20.00**Rücken/BBP**Jasmin |  | 19.30 21.00**PUSH & PULL****MASTERCLASS**Willi | 18.45 -19.45**JUMP & Fun**Nici |  |  | **Stundenprofil und Trainer,** **siehe bitte Aushang** |
| 19.00-20.00**PILATES**Christiane L. |  | 18.45 -19.45**Bauch-Beine-Po**Christine B. |  | 20.00-21.00**Deep Work**Jasmin |  |  |  |  |  |  |
| 20.00-21.*00***Fit i.d.Winter& Stretch**Christiane L. |  | 19.45 – 20.45**PUSH & PULL****MASTERCLASS**Christine |  |  |  |  |  |  |  |  |

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| **Kursraum 1** | **Kursraum 2** | **Kursraum 1** |  **Kursraum 2** |  **Kursraum 1** | **Kursraum 2** | **Kursraum 1** | **Kursraum 2** |  **Kursraum 1** |  **Kursraum 2** |  **Kursraum**  |  |

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|  | **17.45 – 18.45****FUN CYCLING** |  | **18.15-19.15****FUN CYCLING****Christiane**  | **18.15-19.15****FUN CYCLING****Marion** |  |  |
| **19.00-20.00****FUN CYCLING****Marion** | 19.00 - 20.00**Gipfelstürmer**Miriam✔ | 19.00-20.00**BASIC CYCLING****Marion** |  |  |  |  |

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|  ***Montag*** |  ***Dienstag*** |  ***Mittwoch*** |  ***Donnerstag*** |  ***Freitag*** |  |

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