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

KURSPLAN Winter / Frühling 2019 Änderungen vorbehalten gütig ab 01. März 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 – 10.45 Body Art Petra |  | **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 – 17.45 YOGA Anna |  | 18.00 - 19.00  **YOGA**  Tina |  | 17.45-18.45  **ZUMBA**  **/work out** \*  Nici | 17.30 – 18.30 Body Art Petra | 18.00-19.30 YOGA Rosemarie |  | **16.00 – 18.00 Uhr** |
| 18.00-19.00  **RÜCKENGYM /**  **Yoga move back**\*  Christiane A. |  | 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**  **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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| **C** |  | **Y** |  | **C** |  | **L** |  | **I** | **N** |  | **G** |