

STUNDENPLAN WINTERSAISON

Ab 5. Oktober!

well und fit

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:15 Reha-Sport 45'	9:15 Faszien Fitness 30'		9:15 Reha-Sport 45'		13:45 Jumping 45'
10:15 Suspension 45'	10:00 Core 45'	10:00 Pilates 60'	10:15 Power Plate 30'	10:00 Zumba 60'	15:00 Core 45'
11:00 Jumping 45'	11:00 Rip 30'	11:15 Power Plate 30'	11:00 Power Core 30'	11:15 Rip 30'	16:00 Power Plate 30'
12:00 Power Plate 30'		12:00 Suspension 45'		12:00 Power Plate 30'	16:45 Classic 45'
16:15 Rip 30'	16:25 Power Plate 30'	16:00 Kinderklettern 60'	16:15 Rip 30'	16:00 Suspension 45'	Sonntag
17:00 Heavy Workout 45'	17:00 Jumping 45'	16:30 Power Core 30'	17:00 Jumping 45'	17:00 Classic 45'	
Suspension 45'	Suspension 45'	17:15 Power Plate 30'	Core 45'	17:30 Faszien Fitness 30'	10:15 Suspension 45'
Kinderklettern 60'	Classic 45'	Rip 30'			11:15 Rip 30'
18:00 Jumping 45'	18:00 Zumba 60'	18:00 Jumping 45'	18:00 Pilates 60'	18:00 Jumping 45'	12:00 Jumping 45'
Power Plate 30'	Core 45'	Bauch-Beine-Po 60'	Suspension 45'	18:05 Reha-Sport 45'	13:15 Core 45'
18:05 Pilates 60'		Classic 45'	19:15 Athletic 60'	19:00 Rip 30'	
18:45 Classic 45'	19:05 Fit-Boxen 60'	19:00 Suspension 45'	20:15 Power Plate 30'		
19:05 Faszien Fitness 30'	Pilates 60'	19:05 Reha-Sport 45'			
Zumba 60'	Power Plate 30'				
19:45 Core 45'		20:00 Rip 30'			
20:15 Jumping 45'	20:00 Suspension 45'	Faszien Fitness 30'			

KURSANMELDUNG PER APP

1. App-Store öffnen & "YourGymPlan" eingeben
2. App kostenlos downloaden
3. Registrieren & mit folgendem Code mit uns verbinden: wuf

