



Kursplan



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:00							
07:00							
08:00							
09:00							
10:00							
11:00			11:15 Mama Fitness 01* 50min				
12:00	12:30 BauchBeinePo 01** 28min	12:15 RückenFit 01* 28min	12:15 CoreWork 04** 26min	12:15 RückenFit 04** 26min			
13:00	13:15 RückenFit 01* 28min						
14:00						14:00 The Dark Side Of Clim 58min	14:00 All Terrain Ride** 85min
15:00							
16:00		16:00 CoreWork Live 05* 49min	16:30 Step Live 02* 49min				
17:00							
18:00							
19:00							
20:00					20:15 Step Live 01** 54min		
21:00	20:45 Dance 02 Basic** 44min	21:15 TotalBodyWorkout 02** 28min	20:45 CyberJumping express 27min	20:45 Yoga Vinyasa Flow 04* 55min			
22:00	21:45 Mobility Flow Live 01* 26min						