Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
18:15 - 19:10 **Langhantel Workout**	17:00 - 17:55 **Langhantel Workout**	09:00 - 10:00 **RückenFit**	18:30 - 19:25 **Zumba®**	12:00 - 13:00 **Bike & Beats**	10:00 - 11:00 **Bike & Climb**	11:00 - 12:00 **Zumba®**
	18:00 - 18:30 **Core X-Press**	17:00 - 17:55 **Vinyasa Yoga**	19:30 - 20:30 **Zumba® Toning**			
	18:30 - 19:25 **Zumba®**	18:00 - 18:55 **Yin Yoga**				
	19:30 - 20:30 **STRONG® Nation**	19:00 - 20:30 **BoxCamp H.I.I.T.**				

KURSPLAN

GRIESHEIM