

**Kursplan  
ab Jan. 2018**

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>8-9 Uhr</b>	8.15-9.00 <b>Rehasport</b> Sylvia						
<b>9-10 Uhr</b>	<b>Rehasport</b> Sylvia	<b>Rückenfit</b> Petra	<b>Rehasport</b> Sylvia	<b>Pilates</b> Martina		9.30-10.00 <b>LES MILLS CXWORX</b> * Simone	
<b>10-11 Uhr</b>	<b>WSG*</b> Sylvia	10.30-11.30 <b>Soft Circle*</b> Simone	<b>WSG</b> Sylvia	<b>WSG</b> Ines	<b>LES MILLS BODYBALANCE</b> * Simone	<b>LES MILLS BODYBALANCE</b> * Simone	10.00-11.00 <b>Sunday Surprise</b> Inhalt lt. Aushang
<b>11-12 Uhr</b>					<b>WSG*</b> Erwin		
<b>15-16 Uhr</b>							
<b>16-17 Uhr</b>							
<b>17-18 Uhr</b>	17.00-17.50 <b>Pilates</b> Martina	<b>Bodyshape</b> Petra	17.00-17.45 <b>tone</b> * Tim		<b>Bauch Beine Po</b> Petra		
<b>18-19 Uhr</b>	<b>BODYPUMP</b> * Sebastian	<b>Rückenfit</b> Petra	<b>BODYPUMP</b> * Tim	18.00-18.30 <b>LES MILLS CXWORX</b> * Simone	<b>BODYPUMP</b> * Inken		
<b>19-20 Uhr</b>	<b>LES MILLS BODYCOMBAT</b> * Jenny	<b>Qi Gong</b> Angelika	<b>ZUMBA</b> Christina	18.50-19.50 <b>BODYPUMP</b> * Patrick	<b>Yoga</b> Polina		
<b>20-21 Uhr</b>	<b>ATK**</b> Erwin		20.00-20.30 <b>LES MILLS CXWORX</b> * Simone	<b>ATK**</b> Erwin			