

# FIT & WELL KURSPLAN

## MONTAG

08:30 - 09:30  
Pilates



17:20 - 18:20  
Kettlebell



18:30 - 19:30  
Iron Pump



19:40 - 20:20  
Mobility



## DIENSTAG

18:30 - 19:15 **STRONG**  
NATION  
Strong Nation

19:30 - 20:00  
Sixpack

ab Oktober

## MITTWOCH

08:30 - 09:00  
Rückenfit



09:15 - 10:15  
Cycling Fitness



ab Oktober

17:30 - 18:20 **ZUMBA**  
kids  
Zumba Kids

19:00 - 20:00  
Zumba



## DONNERSTAG

18:00 - 19:00  
Hot Iron  
Cross



19:15 - 20:15  
Cycling Fitness



ab Oktober

## FREITAG

09:00 - 10:15  
Yoga

