

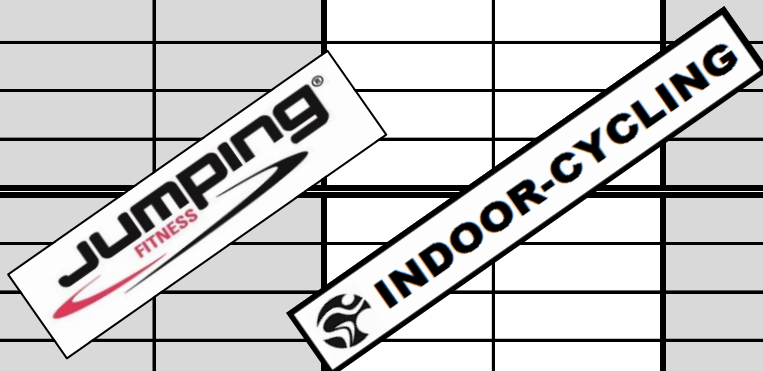
# Corona-Plan ab August 2020

Fitnesskurse  

Indoor-Cycling  

Jumping  

| Zeit  | Montag                          |                                | Dienstag |                           | Mittwoch                                |                             | Donnerstag |  | Freitag                       |                                 | Samstag                              |   |
|-------|---------------------------------|--------------------------------|----------|---------------------------|---|-----------------------------|------------|--|-------------------------------|---------------------------------|--------------------------------------|---|
|       | Halle I                         | Halle II                       | Halle I  | Halle II                  | Halle I                                 | Halle II                    | Halle I    | Halle II                                   | Halle I                       | Halle II                        | Halle I                              | Halle II                                |
| 8:00  |                                 |                                |          |                           |   | Push Express<br>8.15 - 8.55 |            |  |                               |                                 |                                      |   |
| 9:00  |                                 | Two in One<br>8.30 - 9.15      |          |                           | Yoga<br>9.00 - 9.45                     | BOP<br>9.00 - 9.45          |            |  | Indoor-Cycling<br>8.30 - 9.25 |                                 |                                      |   |
| 10:00 | Body Total<br>9.30 - 10.15      |                                |          | Back Fit<br>9.30 - 10.15  |   |                             |            | Back Fit<br>9.30 - 10.15                   |                               | Workout<br>9.30 - 10.15         |                                      |   |
| 11:00 | Indoor-Cycling<br>10.30 - 11.15 |                                |          | Back Fit<br>10.30 - 11.15 | Indoor-Cycling<br>10.15 - 11.00         |                             |            | Eigengewicht-<br>Training<br>10.30 - 11.15 |                               |                                 | Back & Belly<br>13.30 - 14.15        | Crosstraining<br>Outdoor<br>13.15-14.00 |
| 12:00 |                                 |                                |          |                           |   |                             |            |  |                               |                                 |                                      |   |
| 13:00 |                                 | Jumping 50+<br>14.00 - 14.45   |          |                           |   |                             |            | Jumping<br>11.30 - 12.15                   |                               |                                 |                                      |   |
| 15:00 |                                 |                                |          |                           |   |                             |            |  |                               |                                 |                                      |   |
| 16:00 |                                 |                                |          |                           |   |                             |            |  |                               |                                 |                                      |   |
| 17:00 |                                 |                                |          |                           |   |                             |            | Bauchtanz<br>17.00 - 17.45                 |                               |                                 |                                      | Sonntagskurs<br>10.00 - 10.45           |
| 18:00 | Indoor-Cycling<br>18.00 - 18.45 | Core&More<br>18.00 - 18.45     |          | Jumping<br>18.00 - 18.45  | Crosstraining<br>Outdoor<br>17.45-18.30 | Pilates<br>18.00 - 18.45    |            | BOP<br>18.00 - 18.45                       |                               |                                 | Indoor-Cycling<br>11.15 - 12.00      |   |
| 19:00 | Back Fit<br>19.15 - 20.00       | CardioWorkout<br>19.00 - 19.45 |          | Push<br>19.00 - 19.45     | Indoor-Cycling<br>19.00 - 19.45         | Bodyshape<br>19.00 - 19.45  |            | Yoga<br>19.00 - 19.45                      |                               | Indoor-Cycling<br>18.15 - 19.15 | Outdoor-<br>Workout<br>18.00 - 18.45 |   |
| 20:00 |                                 |                                |          | Zumba<br>20.00 - 20.45    |   | Zumba<br>20.00 - 20.45      |            | Push&Pull<br>20.00 - 20.45                 |                               |                                 |                                      |   |
| 21:00 |                                 |                                |          |                           |   |                             |            |  |                               |                                 |                                      |   |



Bei Regen in Halle 2