

# Corona-Plan ab Oktober 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 8.15 - 8.55						
9:00		Two in One 8.30 - 9.15			Yoga 9.00 - 9.45	BOP 9.00 - 9.45			Indoor-Cycling 8.30 - 9.25			
10:00	Body Total 9.30 - 10.15			Back Fit 9.30 - 10.15				Back Fit 9.30 - 10.15		Workout 9.30 - 10.15		
11:00	Indoor-Cycling 10.30 - 11.15			Back Fit 10.30 - 11.15	Indoor-Cycling 10.15 - 11.00			Eigengewicht- Training 10.30 - 11.15			Back & Belly 13.30 - 14.15	Crosstraining 13.15 - 14.00
12:00												
13:00		Jumping 50+ 14.00 - 14.45						Jumping 11.30 - 12.15				
15:00											Sonntag	
16:00											Halle I	Halle II
17:00								Bauchtanz 17.00 - 17.45				Sonntagkurs 10.00 - 10.45
18:00	Indoor-Cycling 18.00 - 18.45	Core&More 18.00 - 18.45		Jumping 18.00 - 18.45	Crosstraining 17.45 - 18.30	Pilates 18.00 - 18.45		BOP 18.00 - 18.45		Workout 18.00 - 18.45	Indoor-Cycling 11.15 - 12.00	
19:00	Back Fit 19.15 - 20.00			Push 19.00 - 19.45	Indoor-Cycling 19.00 - 19.45	Bodyshape 19.00 - 19.45		Yoga 19.00 - 19.45		Indoor-Cycling 18.15 - 19.00	Zumba 19.00 - 19.45	
20:00				Zumba 20.00 - 20.45		Zumba 20.00 - 20.45		Push&Pull 20.00 - 20.45				
21:00												

