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	6:45-7:45 Wake up Cycling	6:45-7:45 Functional Training	6:45-7:45 Wake up Cycling			
	10:00-11:00 Total Body Workout	10:00-11:00 Rückenfit	10:00-11:00 Body Pump™	10:30-11:45 Yoga		10:30-11:00 Total Body Workout
12:30-13:30 Functional Training						11:00-12:00 Aerobic-Mix

Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2
17:15-18:00 Step Fatburner				17:00-18:00 Zumba		17:30-18:45 Cycling		17:15-18:15 Functional Training	17:00-18:15 Yoga		
18:00-19:00 Total Body Workout	18:00-19:00 Body Balance™	18:00-18:55 Cycling	18:00-19:00 Core & More	18:00-19:00 CORE Performance	18:00-18:30 Sensomotorik		18:00-19:00 Fitness Boxen	18:15-19:15 Step Dance			16:00-17:00 Body Pump™
19:10-20:10 Body Pump™	19:00-20:00 Pilates	19:05-20:00 Präventions-kurs § 20	19:00-20:15 Yoga	19:00-20:00 Body Pump™	18:30-19:30 Step Dance	19:00-20:00 Body Pump™	19:00-20:15 Yin Yoga/ Deep Stretch	19:15-20:15 Aerobic Dance		Special/ Workshop s. Aushang	17:00-18:00 Cycling
20:20-20:50 HIIT					19:30-20:30 Pilates						17:00-18:15 Yoga

Eine Beschreibung der Kurse finden Sie hier:
www.fitnesscompany-stuttgart.de/fitness/kursplan

