

# Kursplan

17.02.2020 - 23.02.2020

| Montag 17.02.2020               | Dienstag 18.02.2020                     | Mittwoch 19.02.2020             | Donnerstag 20.02.2020                   | Freitag 21.02.2020           | Samstag 22.02.2020    | Sonntag 23.02.2020       |
|---------------------------------|---|---------------------------------|---|------------------------------|-----------------------|--------------------------|
| 09:30 - 10:20<br>Cross-Training | 17:00 - 17:50<br>Yoga                   | 10:00 - 10:50<br>Pilates        | 09:30 - 10:20<br>TRX Suspension Trai... | 09:30 - 10:20<br>Body-Barres | 09:15 - 10:15<br>Yoga | 10:30 - 12:00<br>Cycling |
| 12:10 - 13:00<br>Cycling        | 18:00 - 18:50<br>Yoga                   | 11:00 - 11:50<br>Pilates        | 18:00 - 18:50<br>Sypoba Progressive     | 09:30 - 10:20<br>Cycling     | 10:15 - 11:15<br>Yoga |                          |
| 18:00 - 18:50<br>Body-Barres    | 19:00 - 19:50<br>TRX Suspension Trai... | 12:10 - 13:00<br>Sypoba Basic   | 19:00 - 19:30<br>Cross-Training         | 12:15 - 13:05<br>Body-Barres |                       |                          |
| 18:00 - 18:50<br>Cycling        | 20:00 - 20:50<br>TRX Suspension Trai... | 18:00 - 18:50<br>Body-Barres    | 19:45 - 20:35<br>Zumba                  | 18:00 - 18:50<br>TRX Cardio  |                       |                          |
| 19:00 - 19:50<br>Body-Barres    |   | 18:00 - 18:50<br>Cycling        |   | 19:00 - 19:50<br>Cycling     |                       |                          |
| 19:00 - 19:50<br>Cycling        |   | 19:00 - 19:50<br>Cycling        |   |                              |                       |                          |
|                                 |   | 19:00 - 19:50<br>Sypoba Basic   |   |                              |                       |                          |
|                                 |   | 20:00 - 20:45<br>Cross-Training |   |                              |                       |                          |