


# Kursplan

ab Juni 2021



| Montag   | Dienstag   | Mittwoch   | Donnerstag  | Freitag                               | Samstag | Sonntag  |
|--|--|--|---|---------------------------------------|---------|--|
| Zirkel 8:30-13:30  | Zirkel 8:30-13:30  | Zirkel 8:30-13:30  |   | Zirkel 8:30-18:30                     |         | Zirkel 9:00 – 14:00                                      |
| <b>9:30 – 10:30</b><br>Fitnessboxen                              |  | <b>9:30 - 10:00</b><br>LINK MOVES®<br>Gehirnsport                          |   |                                       |         | <b>9:30 – 10:15</b><br>Jumping -Fitness                  |
|  |  | <b>10:00 – 11:00</b><br>Fit + Vital Gym 50+<br>Stabilität/Vitalität        |   |                                       |         | <b>10:30 – 11:30</b><br>Fitnessboxen<br>Fighting Fit     |
|  |  |  |   |                                       |         | <b>12:00 – 13:00</b><br>Fitnessboxen<br>für Langschläfer |
| Zirkel 16:00 – 21:00   | Zirkel 16:00 – 21:00   | Zirkel 16:00 – 21:00   | Zirkel 16:00 – 21:00  | Zirkel bis 18:30                      |         |  |
| <b>17:00 – 18:00</b><br>Flexi-Boxen<br>Fitboxen + FlexiBar       |  |  | <b>17:00 – 18:00</b><br>Intervall-Boxen<br>Fitboxen intervall   | <b>17:30-18:15</b><br>Jumping Fitness |         |  |
| <b>18:30 – 19:15</b> <b>NEU</b><br>Beckenboden-Gym<br>Bebo + BBP | <b>18:00 – 18:45</b><br>JumpStep Intervall<br>high intensity     |  | <b>18:15 – 18:45</b><br>Bauch spezial<br>Bauch + BBP  |                                       |         |  |
| <b>19:30 – 20:15</b><br>JumpStep & shape<br>jump+workout         | <b>19:00 – 20:00</b><br>Fitnessboxen<br>Fighting Fit             | <b>19:00 – 21:00</b><br>Karate<br>Kihon<br>Kata<br>Bunkai<br>SV und Kumite | <b>19:00 – 19:45</b><br>Jumping Fitness   |                                       |         |  |
|  | <b>20:15 – 21:00</b> <b>NEU</b><br>Power Gym<br>intervall & more |  | <b>20:00 – 21:00</b><br>Rockboxen <br>it's rockmusic |                                       |         |  |