

## Kursplan, Kursdauer ca. 1 Stunde

|       | Montag                       | Dienstag                     | Mittwoch                      | Donnerstag             | Freitag | Samstag |
|-------|------------------------------|------------------------------|-------------------------------|------------------------|---------|---------|
| 10:00 |                              |                              | Bauch-Beine-Po<br>mit Torsten |                        |         |         |
| 10:30 | Rückenfit<br>mit Torsten     |                              |                               |                        |         |         |
| 12:00 |                              |                              |                               |                        |         |         |
| 13:00 |                              |                              |                               |                        |         |         |
| 14:00 |                              |                              |                               |                        |         |         |
| 15:00 |                              |                              |                               |                        |         |         |
| 16:00 |                              |                              |                               |                        |         |         |
| 17:00 |                              |                              |                               |                        |         |         |
| 17:30 |                              | Body Power<br>mit Dennis     |                               |                        |         |         |
| 18:00 | Bauch-Beine-Po<br>mit Daniel |                              |                               | Six Pack<br>mit Daniel |         |         |
| 18:45 |                              | Spinning light<br>mit Dennis |                               |                        |         |         |
| 19:00 | Spinning<br>mit Dennis       |                              |                               | Spinning<br>mit Dennis |         |         |