

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
K u r s p l a n	09.00 - 09.45 Platinum BodyWorkout		09.00 - 10.00 Pilates Basic		09.00 - 9.45 Fatburner Figur Mix	09.00 - 9.45 Pilates Basic/Slide	
	10.45 - 11.30 Rücken Prävention		10.45 - 11.30 Rücken FaszienFitness		10.45 - 11.30 Figur Zirkel	10.30 - 11.30 Fatburner Cardio	
	16.30 - 17.15 BOP Zirkel	16.30 - 17.15 Figur Zirkel	16.30 - 17.15 Fatburner Cardio	16.30 - 17.15 Rücken Zirkel			
	17.30 - 18.00 Stretch intensiv	17.30 - 18.00 <i>Vibration/Check</i> <i>Ernährungscoaching</i>	17.30 - 18.00 Rücken Kraft/Stretch	17.30 - 18.00 Stretch intensiv	17.30 - 18.30 Pilates Advanced		
	18.15 - 19.00 Platinum BodyWorkout	18.15 - 19.00 Pilates Slide-Moves	18.15 - 19.00 Platinum BodyWorkout	18.15 - 19.00 Fatburner Figur Mix			Special Events Zusatzkurse s. Aushänge im Studio
	19.30 - 21.00 Yoga		19.30 - 20.15 Muay Thai Fitness	19.30 - 21.00 Yoga			