

Kursplan Winter 2017 Fitnessclub Brombachsee

gültig ab 16.10.17

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
------	--------	----------	----------	------------	---------

09:00	09:00 - 09:45 Rehasport	09:00 - 10:00 Pilates	09:00 - 09:45 Rehasport	08:45 - 09:45 Wirbelsäule	
09:30					
10:00	10:00 - 10:45 Jumping				10:00 - 10:45 Rehasport
10:30					

16:00					16:00 - 16:45 Rehasport
16:30					
17:00		17:00 - 17:45 Rehasport		17:00 - 17:45 Rehasport	
17:30					
18:00		18:00 - 19:00 Fatburner	18:15 - 19:00 Wirbelsäule	18:15 - 19:00 Jumping	
18:30	18:30 - 19:15 Rehasport				
19:00			19:00 - 19:45 BBP & Co		19:00 - 20:30 YOGA Prana Flow
19:30		19:30 - 20:30 Spinning		19:30 - 20:30 HIIT up! / Spinning (im Wechsel)	
20:00					

Legende:

- Kraft
- Spinning
- Fettverbrennung
- Entspannung
- Reha