

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.00 - 10.00 beneFit BBP&Rücken	09.00 - 10.00 beneFit FATBURNER	09.00 - 10.00 beneFit BBP&Rücken	09.00 - 10.00 beneFit RÜCKEN FIT	09.00 - 10.00 beneFit YOGA		
10.00 - 11.00 beneFit RÜCKEN FIT	10.00 - 11.00 beneFit PILATES	10.00 - 11.00 beneFit YOGA	10.00 - 11.00  ZUMBA	10.00 - 11.00 beneFit FATBURNER	10.15 - 11.00 LES MILLS BODYATTACK	10.30 - 11.30  ZUMBA
					11.00 - 12.00 LES MILLS BODYPUMP	11.30 - 12.30 beneFit BBP&Rücken
					12.00 - 13.00 LES MILLS BODYBALANCE	12.30 - 13.30 LES MILLS BODYPUMP
17.00 - 18.00 beneFit FATBURNER	17.00 - 18.00  ZUMBA	17.00 - 18.00 LES MILLS BODYPUMP	17.00 - 18.00 LES MILLS BODYATTACK	17.00 - 18.00 beneFit RÜCKEN FIT		
18.00 - 18.45 LES MILLS BODYPUMP 45	18.00 - 19.00 beneFit BBP&Rücken	18.00 - 19.00 LES MILLS BODYBALANCE	18.00 - 19.00 beneFit YOGA	18.00 - 19.00 beneFit FATBURNER/STEP		
19.00 - 20.00  ZUMBA	19.00 - 20.00 LES MILLS BODYPUMP	19.00 - 20.00  ZUMBA	19.00 - 20.00 LES MILLS BODYCOMBAT	19.00 - 20.00  ZUMBA		
20.00 - 20.30 beneFit BAUCH PUR	20.00 - 20.45 LES MILLS BODYATTACK	20.00 - 20.30 beneFit BAUCH PUR	20.00 - 21.00 LES MILLS BODYPUMP			
20.30 - 21.15 LES MILLS BODYBALANCE						

KURSPLAN
ab 04. Juni 2018
Hannover