

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08.15 - 09.00 beneFit <b>RÜCKEN FIT</b>						
09.00 - 10.00 beneFit <b>BBPR</b>	09.00 - 10.00 beneFit <b>YOGA PILATES</b>		09.00 - 10.00 beneFit <b>YOGA PILATES</b>	09.00 - 10.00 beneFit <b>FATBURNER</b>		
10.00 - 11.00 beneFit <b>PILATES</b>	10.00 - 11.00 beneFit <b>BBPR</b>	10.00 - 11.00  <b>ZUMBA</b>	10.00 - 11.00 beneFit <b>BBPR</b>	10.00 - 10.30 <b>LES MILLS</b> <b>CXWORX</b>		10.30 - 11.30 <b>LES MILLS</b> <b>BODYPUMP</b>
				10.30 - 11.30 <b>LES MILLS</b> <b>BODYPUMP</b>	12.30 - 13.30 <b>STRONG</b> by ZUMBA	11.30 - 12.00 <b>LES MILLS</b> <b>CXWORX</b>
					13.30 - 14.00 <b>LES MILLS</b> <b>BODYPUMP</b> Technik	
					14.00 - 15.00 <b>LES MILLS</b> <b>BODYPUMP</b>	
17.00 - 18.00 beneFit <b>BBPR</b>	17.00 - 18.00 <b>LES MILLS</b> <b>BODYPUMP</b>			17.00 - 18.00  <b>ZUMBA</b>		
18.00 - 19.00 beneFit <b>FATBURNER</b>	18.00 - 19.00  <b>ZUMBA</b>	18.00 - 19.00  <b>ZUMBA</b>	18.00 - 19.00 beneFit <b>YOGA</b>	18.00 - 19.00 beneFit <b>BBPR</b>		
19.00 - 20.00 <b>LES MILLS</b> <b>BODYPUMP</b>	19.00 - 20.00 beneFit <b>PILATES</b>	19.00 - 20.00 beneFit <b>FATBURNER</b>	19.00 - 20.00 <b>LES MILLS</b> <b>BODYPUMP</b>	19.00 - 20.00 <b>LES MILLS</b> <b>BODYPUMP</b>		
20.00 - 21.00 <b>LES MILLS</b> <b>BODYCOMBAT</b>	20.00 - 21.00 beneFit <b>STEP</b>	20.00 - 21.00 <b>LES MILLS</b> <b>BODYPUMP</b>	20.00 - 21.00 <b>LES MILLS</b> <b>BODYATTACK</b>			

KURSPLAN  
ab 03. April 2018  
Petersfehn

**beneFit**  
Fitness, Wellness & Kurse