KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
					10:00-10:50 **STRENGTH& CARDIO** ALLE LEVEL	09:30-10:20 **MOBILITY BY IKICOR** ALLE LEVEL
09:00-10:00 **PILATES** BEGINNER				09:00-09:50 **AEROBIC** BEGINNER	11:00-11:50 **KICK BOX AEROBIC** ALLE LEVEL	10:30-11:20 **CORE& STABILITY** ALLE LEVEL
10:30-11:20 **PILATES** MIT BABY	10:00-10:50 **FIT MIT 60+** SENIOR	10:00-11:30 **PILATES 60+** SENIOR	10:00-10:50 **FIT MIT 60+** SENIOR	10:30-11:20 **POWER WORKOUT** MIT BABY	12:00-12:50 **MOBILITY BY IKICOR** ALLE LEVEL	11:30-12:20 **STRENGTH& CARDIO** ALLE LEVEL
18:00-18:50 **DEEPWORK** ALLE LEVEL	18:00-18:50 **STRENGTH& CARDIO** ALLE LEVEL	18:00-18:50 **ATHLETIC STABILITY** ALLE LEVEL	18:00-18:50 **LANGHANTEL POWER BEATS** ALLE LEVEL	18:00-19:00 **MOBILITY BY IKICOR** ALLE LEVEL		
19:00-19:50 **STRENGTH& CARDIO** ALLE LEVEL	19:00-19:50 **LANGHANTEL** ALLE LEVEL	19:00-19:50 **RECOVERY FLOW** ALLE LEVEL	19:00-19:50 **BOX'N YOGA** ALLE LEVEL			
20:00-21:00 **MOBILITY BY IKICOR** ALLE LEVEL		20:30-21:20 **MOBILITY BY IKICOR** ALLE LEVEL				

SPORTCENTER Kautz