

KURSPLAN Herbst / Winter 2018/2019

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---|---|--|--------------------------------|--|--------------------------|---------|
| | | | | | | |
| | | | | | 13:00 – 14:00 CYCLING | |
| 17:30 – 18:30 BBP ● | 18:00 – 19:00 YOGA (ab 09.10.18) | 17:15 – 18:00 Waschbrettbauch ● | | 17:30 – 18:15 Waschbrettbauch ● | | |
| 17:45 – 18:30  ● | 18:00 – 19:00 POWER CROSS ● | 18:05 – 19:35 STRIKING | 18:00 – 19:00 BODYFORMING ● | 18:20 – 19:20 BODY PUMP | | |
| 18:40 – 19:40 BODY PUMP | 19:10 – 20:10 CYCLING | 18:00 – 19:00 CYCLING | 18:00 – 19:00 POWER CROSS ● | 17:10 – 18:10  | | |
| | 19:10 – 20:10 GRAPPLING | 19:10 – 20:10  | 19:10 – 20:10 BODY PUMP | 19:10 – 20:10 GRAPPLING | | |

● Diese Kurse sind GRATIS

*www.zumba.com/de-DE/instructor/martim-von-marenholtz/1284137