

KURSANGEBOT CALW



KURSRAUM 1

Gültig ab 02/2109

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
6.30 - 7.00 HIT						
9.00 - 10.00 LESMILLS® BODY-BALANCE®	9.30 - 10.30 Rumpfstabilität	9.00 - 10.00 Funktionelles Training	9.00 - 10.00 Thai Chi			
10.00 - 11.00 Funktionelles Training	10.30 - 11.00 Stretching	10.00 - 11.00 LESMILLS® BODY-BALANCE®	10.00 - 11.00 Rumpfstabilität	10.30 - 11.00 LESMILLS® CXWORX®	11.00 - 12.00 LESMILLS® BODYPUMP®	10.30 - 12.00 Yoga
			11.00 - 12.00 World Jumping	11.00 - 12.00 Stretching	13.10 - 14.10 FitMix	
					14.20 - 15.20 Basic Step	
17.00 - 18.00 Zumba®	17.00 - 18.00 Yoga	17.30 - 18.00 LESMILLS® CXWORX®	17.00 - 18.00 Strong by Zumba®	17.30 - 18.00 BODYPUMP® Technik (jeden 1. Freitag im Monat)		17.30 - 18.30 LESMILLS® BODYPUMP®
18.00 - 18.55 World Jumping	18.00 - 19.00 Bodystyling <small>NEU</small>	18.05 - 19.05 LESMILLS® BODYPUMP®	18.00 - 19.00 Bodystyling	18.00 - 19.00 LESMILLS® BODYPUMP®		18.35 - 19.35 LESMILLS® BODY-BALANCE®
19.05 - 20.05 LESMILLS® BODYPUMP®	19.00 - 20.00 LESMILLS® BODY-BALANCE® <small>NEU</small>	19.10 - 20.10 Wirbelsäulengymnastik	19.00 - 20.00 World Jumping	19.05 - 20.05 Wirbelsäulengymnastik		
20.10 - 21.10 Wushu Fit	20.00 - 21.00 Strong by Zumba® <small>NEU</small>	20.15 - 21.15 Zumba®	20.00 - 21.00 LESMILLS® BODY-BALANCE®			

KURSRAUM 2

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
				9.30 - 10.30 Indoor Cycling		
					12.00 - 13.00 Indoor Cycling	
	19.30 - 21.00 Cycling meets Functional	19.10 - 20.10 Indoor Cycling	18.10 - 19.10 Indoor Cycling	19.00 - 20.00 Indoor Cycling		
20.05 - 21.05 Indoor Cycling						