

# KURSANGEBOT WILDBERG



## KURSRAUM 1

Gültig ab 01/2019

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.00 - 10.00 Body-Styling	9.00 - 9.30 Bauch	9.00 - 10.00 Bauch-Beine-Po	9.00 - 10.00 Funktionelles Training	9.00 - 10.00 Pilates		
	9.30 - 10.00 Rücken					10.00 - 11.00 LESMILLS® BODYPUMP®
10.00 - 11.00 World Jumping	10.00 - 11.00 Stretching	10.00 - 11.00 Funktionelles Training		10.00 - 11.00 Fitness Mix	10:30 - 12.00 Kick- und Thaiboxen	11.00 - 12.00 World Jumping
					14.30 - 15.00 Core Extreme	
				16.30 - 17.00 HIT Athletik	15.00 - 16.00 Body-Soul & Mind	
17.00 - 18.00 Fitness Mix	17.15 - 17.45 HIT Kraft		17.00 - 18.00 Zumba®	17.00 - 18.00 Wirbelsäulen- gymnastik		
18.00 - 19.00 Wirbelsäulen- gymnastik	18.00 - 19.00 Cross Functional	18.00 - 19.00 Body-Styling	18.00 - 18.30 Bauch	18.00 - 19.00 Body-Styling		
		19.00 - 19.30 Core Extreme	18.30 - 19.00 Rücken			
19.00 - 20.00 Body-Styling	19.00 - 20.00 World Jumping	19.30 - 20.00 Bodytone	19.00 - 20.00 LESMILLS® BODYPUMP®	19.00 - 20.00 Yoga		
20.00 - 21.00 World Jumping	20.00 - 21.00 Zumba®	20.00 - 20.45 Body-Soul & Mind	20.00 - 21.00 World Jumping			

## KURSRAUM 2

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10.00 - 11.00 Indoor Cycling			10.00 - 11.00 Indoor Cycling			11.00 - 12.00 Indoor Cycling
					16.00 - 17.00 Indoor Cycling	
18:10 - 19:40 XXL Indoor Cycling	19.00 - 20.00 Indoor Cycling	19.00 - 20.00 Indoor Cycling				
20.00 - 21.00 Basic Indoor Cycling	20.05 - 21.05 Indoor Cycling (HIT)		20.00 - 21.00 Indoor Cycling			

## OUTDOOR

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
18.30 - 19.30 Crosstower		18.30 - 19.30 Crosstower			13.30 - 14.00 Crosstower Technik- Training	
					14.00 - 15.00 Crosstower	