

# KURSPLAN

## Aerobic & Fitness



	Vormittag		Nachmittag	Abend		
Montag	09:00-10:00 Bodystyling	10:00-11:00 Rückenfit	15:00-16:00 Beckenboden- training BBP		19:00-20:00 fit for fun	
Dienstag	09:00-10:00 fit for fun				18:30-19:30 Rückenfit	19:30-20:30 Bodyshape* <i>!! Gymnastikhalle (SMH) !!</i>
Mittwoch	09:00-10:00 fit for fun	10:00-11:00 Fitness- Gymnastik 60+		18:00-19:00 Step Aerobic	19:00-20:00 Bodystyling	20:10-21:10 
Donnerstag	09:00-10:00 Bodystyling			18:30-19:30 Bodyshape/ Fatburner		