

# UNSERE KURSWELT

| MONTAG                         | DIENSTAG                            | MITTWOCH                       | DONNERSTAG                            | FREITAG                                 | SAMSTAG                                | SONNTAG                             |
|--------------------------------|-------------------------------------|--------------------------------|---------------------------------------|---|--|-------------------------------------|
| ZUMBA FITNESS<br>09:45 - 10:45 |                                     | BODYSTYLING<br>09:30 - 10:30   |                                       |   | TAE BO<br>10:00 - 11:00                |                                     |
| BALANCE<br>10:45 - 11:45       |                                     | PILATES<br>10:30 - 11:30       | LANGHANTEL WORKOUT<br>10:15 - 11:00   | WIRBELSÄULEN GYMNASTIK<br>10:00 - 11:00 | EUROPEAN MUSCLE POWER<br>11:00 - 12:00 | LANGHANTEL WORKOUT<br>11:00 - 12:00 |
|                                |                                     |                                | FATBURNER BASIC STEP<br>11:00 - 11:30 | STRETCH & RELAX<br>11:00 - 11:45        | EUROPEAN AEROBIC<br>12:00 - 13:00      | EUROPEAN STEP<br>12:00 - 13:00      |
|                                |                                     |                                | ZUMBA FITNESS<br>11:30 - 12:15        |   |  |                                     |
| BODYSTYLING<br>17:30 - 18:30   | BODYSTYLING<br>17:15 - 18:00        | CYCLING*<br>17:30 - 18:30      |                                       | ZUMBA TONING*<br>17:00 - 18:00          |  |                                     |
|                                | STEP BASIC<br>18:00 - 18:45         | BAUCH X-TREME<br>18:30 - 19:00 | BODYWORKOUT<br>17:45 - 18:45          | ZUMBA FITNESS<br>18:00 - 19:00          |  |                                     |
| ZUMBA FITNESS<br>18:30 - 19:30 | LANGHANTEL WORKOUT<br>19:00 - 20:00 | EUROPEAN STEP<br>19:00 - 20:00 | CYCLING*<br>18:45 - 20:15             | LANGHANTEL WORKOUT<br>19:15 - 20:15     |  |                                     |
| TAE BO<br>19:30 - 21:00        | ZUMBA FITNESS<br>20:00 - 21:00      |                                | JUMPING*<br>20:15 - 21:15             | ZUMBA FITNESS<br>20:15 - 21:15          |  |                                     |
|                                |                                     |                                |                                       |   |  |                                     |
|                                |                                     |                                |                                       |   |  |                                     |

\*Diese Kurse sind zu reservieren auf: [booking.redfitness.de](https://booking.redfitness.de) | \*\*Teilnahme nur mit einer Verordnung 56