

## Kursplan Fitness MAXIMAL (ab 03.04.2018)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
09:30 – 10:30 <b>FIGUR FORMING</b> (Maria)	10:00 – 11:00 <b>FREESTYLE</b> <b>CIRCUIT (Marcel)</b>	09:30 – 10:30 <b>BBP</b> (Maria)					
10:30 – 11:30 <b>FIT &amp; FUN</b> (Maria)	11:00 – 12:00 <b>YOGA POWER</b> (Anabella)			11:00 – 12:00 <b>HIIT</b> (Marcus)		10:30 – 11:30 <b>ZUMBA</b> (Marcus)	
			11:30 – 12:30 <b>FIT &amp; VITAL</b> (Renate)	12:00 – 13:00 <b>YOGA POWER</b> (Anabella)		11:30 – 12:30 <b>DEEPWORK</b> (Marcus)	
		12:45 – 13:45 <b>BODY WORKOUT</b> (Anabella)			<b>SPECIALS / WORKSHOPS</b> (Aushänge beachten!)		
17:00 – 18:00 <b>POUND ROCKOUT</b> (Biggi)	17:00 – 18:00 <b>TAE BO</b> (Anabella)	17:00 – 18:00 <b>TOTAL BURN</b> (Daniela)	17:00 – 18:00 <b>BODYSTYLE</b> (Maria)	17:30 – 18:30 <b>DANCE FIT</b> (Alicia)			
18:00 – 19:00 <b>BODY WORKOUT</b> (Tina)	18:00 – 19:00 <b>POWER AEROBIC</b> (Babsi)	18:00 – 19:00 <b>ZUMBA</b> (Tatjana)	18:00 – 19:00 <b>FAT BURNER</b> <b>STEP(Maria)</b>				
19:00 – 20:00 <b>BODY PILATES</b> (Tina)	19:00 – 20:00 <b>WSG + BBP</b> (Babsi)	19:00 – 20:00 <b>YOGA</b> (Ulrike)	19:00 – 20:30 <b>FITNESSBOXEN</b> (Mandeep)				