

# GYM KURSPLAN

An Feiertagen finden keine Kurse statt.

## MONTAG

17:30 – 18:15 **BBP**

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18:15 – 18:45 **Mobility**

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18:50 – 19:50 **Yoga**

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## DIENSTAG

17:30 – 18:00 **Rückenfit**

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18:00 – 18:45 **Functional Training**

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18:50 – 19:50 **Zumba**

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## DONNERSTAG

17:30 – 18:00 **Mobility**

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18:00 – 18:45 **Functional Training**

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18:50 – 19:50 **Zumba**

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## FREITAG

10:00 – 10:45 **Mobility**

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17:00 – 17:45 **Rückenfit**

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## SAMSTAG

10:00 – 11:00 **Yoga**

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E-Gym Fitness App