

Gruppenkursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08.30 – 09.30 SYPOBA® 1				08.30 – 09.30 SYPOBA® 1	09.15 – 10.10 Rücken & Rumpf
		10.00 – 10.55 Stretch & Mobility			10.30 – 11.25 Pump/ Langhanteltraining
12.15 – 13.10 Pilates	12.15 – 13.10 Pilates	12.15 – 13.10 Pilates	12.15 – 13.10 Functional Training	12.15 – 13.10 Pilates	
18.15 – 19.10 Pump/ Langhanteltraining	18.15 – 19.10 Rücken & Rumpf	18.00 – 19.00 SYPOBA® 1	18.15 – 19.10 Pump/ Langhanteltraining	18.00 – 18.55 Selbstverteidigung	
19.15 – 20.15 SYPOBA® 1	19.15 – 20.10 Yoga	19.15 – 20.10 TRX® & Functional Training	19.15 – 20.15 SYPOBA® 2		
20.20 – 21.20 SYPOBA® 2			20.20 – 21.15 TRX® & Intervall Training		