

## Gruppenkursplan

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