

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
		11.00 – 11.55 Stretch & Mobility			
12.15 – 13.10 Pilates	12.15 – 13.10 Pilates	12.15 – 13.10 Pilates		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 Yoga		
19.15 – 20.15 SYPOBA® 1	19.20 – 20.15 Yoga	19.15 – 20.10 TRX® & Functional Training	19.30 – 20.30 SYPOBA® 2		