

## 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>
		11.00 – 11.55 <b>Stretch &amp; Mobility</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>Bodytoning</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>Yoga</b>		
		19.15 – 20.10 <b>TRX® &amp; Functional Training</b>			