

# Les Mills Kursplan

## Montag

■	BODYCOMBAT	10:30 - 11:00
■	BODYPUMP	11:00 - 11:30
■	RPM	11:30 - 12:00
■	GRIT	12:00 - 12:30
■	BODYBALANCE	12:30 - 13:00
■	BODYBALANCE	12:30 - 13:00
■	BODYCOMBAT	13:00 - 13:30
■	BODYPUMP	13:30 - 14:00
■	RPM	14:00 - 14:30
■	BODYBALANCE	14:30 - 15:00
■	BODYCOMBAT	15:00 - 15:30
■	BODYPUMP	15:30 - 16:00
■	RPM	16:00 - 16:30
■	GRIT	16:30 - 17:00
■	BODYBALANCE	17:00 - 17:30
■	BODYPUMP	18:00 - 18:30
■	BODYBALANCE	20:30 - 21:00
■	BODYCOMBAT	21:00 - 21:30

## Dienstag

■	RPM	09:30 - 10:00
■	BODYCOMBAT	10:00 - 10:30

■	BODYPUMP	10:30 - 11:00
■	RPM	11:00 - 11:30
■	GRIT	11:30 - 12:00
■	BODYBALANCE	12:00 - 12:30
■	BODYCOMBAT	12:30 - 13:00
■	BODYPUMP	13:00 - 13:30
■	RPM	13:30 - 14:00
■	GRIT	14:00 - 14:30
■	BODYBALANCE	14:30 - 15:00
■	BODYCOMBAT	15:00 - 15:30
■	BODYPUMP	15:30 - 16:00
■	RPM	16:00 - 16:30
■	GRIT	16:30 - 17:00
■	BODYBALANCE	17:00 - 17:30
■	RPM	20:00 - 20:30
■	BODYBALANCE	20:30 - 21:00

## Mittwoch

■	BODYCOMBAT	09:30 - 10:00
■	BODYPUMP	10:00 - 10:30
■	GRIT	10:30 - 11:00
■	RPM	11:00 - 11:30
■	BODYBALANCE	11:30 - 12:00
■	BODYCOMBAT	12:00 - 12:30
■		

BODYPUMP

12:30 - 13:00

■ RPM

13:00 - 13:30

■ GRIT

13:30 - 14:00

■ BODYBALANCE

14:00 - 14:30

■ BODYCOMBAT

14:30 - 15:00

■ BODYPUMP

15:00 - 15:30

■ RPM

15:30 - 16:00

■ GRIT

16:00 - 16:30

■ BODYBALANCE

16:30 - 17:00

■ BODYCOMBAT

17:00 - 17:30

■ BODYPUMP

17:30 - 18:00

■ BODYPUMP

20:00 - 20:30

■ GRIT

20:30 - 21:00

■ BODYBALANCE

21:00 - 21:30

## Donnerstag

■ RPM

09:30 - 10:00

■ GRIT

10:00 - 10:30

■ BODYBALANCE

10:30 - 11:00

■ BODYCOMBAT

11:00 - 11:30

■ BODYPUMP

11:30 - 12:00

■ RPM

12:00 - 12:30

■ GRIT

12:30 - 13:00

■ BODYBALANCE

13:00 - 13:30

■

	BODYCOMBAT	13:30 - 14:00
■	BODYPUMP	14:00 - 14:30
■	RPM	14:30 - 15:00
■	GRIT	15:00 - 15:30
■	BODYBALANCE	15:30 - 16:00
■	BODYCOMBAT	16:00 - 16:30
■	BODYPUMP	16:30 - 17:00
■	RPM	17:00 - 17:30
■	BODYCOMBAT	20:30 - 21:00

## Freitag

■	BODYPUMP	10:30 - 11:00
■	RPM	11:00 - 11:30
■	GRIT	11:30 - 12:00
■	BODYBALANCE	12:00 - 12:30
■	BODYCOMBAT	12:30 - 13:00
■	BODYPUMP	13:00 - 13:30
■	RPM	13:30 - 14:00
■	GRIT	14:00 - 14:30
■	BODYBALANCE	14:30 - 15:00
■	BODYCOMBAT	15:00 - 15:30
■	BODYPUMP	15:30 - 16:00
■	RPM	16:00 - 16:30
■	GRIT	16:30 - 17:00
■		

BODYBALANCE

17:00 - 17:30

■ BODYPUMP

18:00 - 18:30

■ RPM

18:30 - 19:00

■ BODYPUMP

20:00 - 20:30

■ BODYBALANCE

20:30 - 21:00

## Samstag

■ BODYPUMP

09:30 - 10:00

■ BODYCOMBAT

10:00 - 10:30

■ RPM

10:30 - 11:00

■ GRIT

11:00 - 11:30

■ BODYBALANCE

11:30 - 12:00

■ BODYCOMBAT

12:00 - 12:30

■ BODYPUMP

12:30 - 13:00

■ RPM

13:00 - 13:30

■ GRIT

13:30 - 14:00

■ BODYBALANCE

14:00 - 14:30

■ BODYCOMBAT

14:30 - 15:00

■ BODYPUMP

15:00 - 15:30

## Sonntag

■ GRIT

09:30 - 10:00

■ BODYPUMP

11:00 - 11:30

■ BODYCOMBAT

11:30 - 12:00

■ RPM

12:00 - 12:30

■

BODYBALANCE

12:30 - 13:00

■ BODYCOMBAT

13:00 - 13:30

■ BODYPUMP

13:30 - 14:00

■ RPM

14:00 - 14:30

■ GRIT

14:30 - 15:00

■ BODYBALANCE

15:00 - 15:30