

FITNESS KURSE FrÃ¼hjahr 2019

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
WIRBELSÄULENGYMNASTIK 9:30AM - 10:30AM RIN BU KAI	LES MILLS RPM 9:30AM - 10:00AM RIN BU KAI	LES MILLS BODYCOMBAT 9:30AM - 10:00AM RIN BU KAI	LES MILLS RPM 9:30AM - 10:00AM RIN BU KAI	FATBURNER 9:30AM - 10:30AM RIN BU KAI	LES MILLS BODYPUMP 9:30AM - 10:00AM RIN BU KAI	LES MILLS GRIT CARDIO 9:30AM - 10:00AM RIN BU KAI
LES MILLS BODYCOMBAT 10:30AM - 11:00AM RIN BU KAI	LES MILLS BODYCOMBAT 10:00AM - 10:30AM RIN BU KAI	LES MILLS BODYPUMP 10:00AM - 10:30AM RIN BU KAI	LES MILLS GRIT CARDIO 10:00AM - 10:30AM RIN BU KAI	LES MILLS BODYPUMP 10:30AM - 11:00AM RIN BU KAI	LES MILLS BODYCOMBAT 10:00AM - 10:30AM RIN BU KAI	QI GONG 10:00AM - 11:00AM RIN BU KAI
LES MILLS BODYPUMP 11:00AM - 11:30AM RIN BU KAI	LES MILLS BODYPUMP 10:30AM - 11:00AM RIN BU KAI	LES MILLS GRIT CARDIO 10:30AM - 11:00AM RIN BU KAI	LES MILLS BODYBALANCE 10:30AM - 11:00AM RIN BU KAI	LES MILLS RPM 11:00AM - 11:30AM RIN BU KAI	LES MILLS RPM 10:30AM - 11:00AM RIN BU KAI	LES MILLS BODYPUMP 11:00AM - 11:30AM RIN BU KAI
LES MILLS RPM 11:30AM - 12:00PM RIN BU KAI	LES MILLS RPM 11:00AM - 11:30AM RIN BU KAI	LES MILLS RPM 11:00AM - 11:30AM RIN BU KAI	LES MILLS BODYCOMBAT 11:00AM - 11:30AM RIN BU KAI	LES MILLS GRIT CARDIO 11:30AM - 12:00PM RIN BU KAI	LES MILLS GRIT CARDIO 11:00AM - 11:30AM RIN BU KAI	LES MILLS BODYCOMBAT 11:30AM - 12:00PM RIN BU KAI
LES MILLS GRIT CARDIO 12:00PM - 12:30PM RIN BU KAI	LES MILLS GRIT CARDIO 11:30AM - 12:00PM RIN BU KAI	LES MILLS BODYBALANCE 11:30AM - 12:00PM RIN BU KAI	LES MILLS BODYPUMP 11:30AM - 12:00PM RIN BU KAI	LES MILLS BODYBALANCE 12:00PM - 12:30PM RIN BU KAI	LES MILLS BODYBALANCE 11:30AM - 12:00PM RIN BU KAI	LES MILLS RPM 12:00PM - 12:30PM RIN BU KAI
LES MILLS BODYBALANCE 12:30PM - 1:00PM RIN BU KAI	LES MILLS BODYBALANCE 12:00PM - 12:30PM RIN BU KAI	LES MILLS BODYCOMBAT 12:00PM - 12:30PM RIN BU KAI	LES MILLS RPM 12:00PM - 12:30PM RIN BU KAI	LES MILLS BODYCOMBAT 12:30PM - 1:00PM RIN BU KAI	LES MILLS BODYCOMBAT 12:00PM - 12:30PM RIN BU KAI	LES MILLS BODYBALANCE 12:30PM - 1:00PM RIN BU KAI
LES MILLS BODYCOMBAT 1:00PM - 1:30PM RIN BU KAI	LES MILLS BODYCOMBAT 12:30PM - 1:00PM RIN BU KAI	LES MILLS BODYPUMP 12:30PM - 1:00PM RIN BU KAI	LES MILLS GRIT CARDIO 12:30PM - 1:00PM RIN BU KAI	LES MILLS BODYPUMP 1:00PM - 1:30PM RIN BU KAI	LES MILLS BODYPUMP 12:30PM - 1:00PM RIN BU KAI	LES MILLS BODYCOMBAT 1:00PM - 1:30PM RIN BU KAI
LES MILLS BODYPUMP 1:30PM - 2:00PM RIN BU KAI	LES MILLS BODYPUMP 1:00PM - 1:30PM RIN BU KAI	LES MILLS RPM 1:00PM - 1:30PM RIN BU KAI	LES MILLS BODYBALANCE 1:00PM - 1:30PM RIN BU KAI	LES MILLS RPM 1:30PM - 2:00PM RIN BU KAI	LES MILLS RPM 1:00PM - 1:30PM RIN BU KAI	LES MILLS BODYPUMP 1:30PM - 2:00PM RIN BU KAI
LES MILLS RPM 2:00PM - 2:30PM RIN BU KAI	LES MILLS RPM 1:30PM - 2:00PM RIN BU KAI	LES MILLS GRIT CARDIO 1:30PM - 2:00PM RIN BU KAI	LES MILLS BODYCOMBAT 1:30PM - 2:00PM RIN BU KAI	LES MILLS GRIT CARDIO 2:00PM - 2:30PM RIN BU KAI	LES MILLS GRIT CARDIO 1:30PM - 2:00PM RIN BU KAI	LES MILLS RPM 2:00PM - 2:30PM RIN BU KAI
LES MILLS BODYBALANCE 2:30PM - 3:00PM RIN BU KAI	LES MILLS GRIT CARDIO 2:00PM - 2:30PM RIN BU KAI	LES MILLS BODYBALANCE 2:00PM - 2:30PM RIN BU KAI	LES MILLS BODYPUMP 2:00PM - 2:30PM RIN BU KAI	LES MILLS BODYBALANCE 2:30PM - 3:00PM RIN BU KAI	LES MILLS BODYBALANCE 2:00PM - 2:30PM RIN BU KAI	LES MILLS GRIT CARDIO 2:30PM - 3:00PM RIN BU KAI
LES MILLS BODYCOMBAT 3:00PM - 3:30PM RIN BU KAI	LES MILLS BODYBALANCE 2:30PM - 3:00PM RIN BU KAI	LES MILLS BODYCOMBAT 2:30PM - 3:00PM RIN BU KAI	LES MILLS RPM 2:30PM - 3:00PM RIN BU KAI	LES MILLS BODYCOMBAT 3:00PM - 3:30PM RIN BU KAI	LES MILLS BODYCOMBAT 2:30PM - 3:00PM RIN BU KAI	LES MILLS BODYBALANCE 3:00PM - 3:30PM RIN BU KAI
LES MILLS BODYPUMP 3:30PM - 4:00PM RIN BU KAI	LES MILLS BODYCOMBAT 3:00PM - 3:30PM RIN BU KAI	LES MILLS BODYPUMP 3:00PM - 3:30PM RIN BU KAI	LES MILLS GRIT CARDIO 3:00PM - 3:30PM RIN BU KAI	LES MILLS BODYPUMP 3:30PM - 4:00PM RIN BU KAI	LES MILLS BODYPUMP 3:00PM - 3:30PM RIN BU KAI	

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<p> LES MILLS RPM 4:00PM - 4:30PM RIN BU KAI</p>	<p> LES MILLS BODYPUMP 3:30PM - 4:00PM RIN BU KAI</p>	<p> LES MILLS RPM 3:30PM - 4:00PM RIN BU KAI</p>	<p> LES MILLS BODYBALANCE 3:30PM - 4:00PM RIN BU KAI</p>	<p> LES MILLS RPM 4:00PM - 4:30PM RIN BU KAI</p>		
<p> LES MILLS GRIT CARDIO 4:30PM - 5:00PM RIN BU KAI</p>	<p> LES MILLS RPM 4:00PM - 4:30PM RIN BU KAI</p>	<p> LES MILLS GRIT CARDIO 4:00PM - 4:30PM RIN BU KAI</p>	<p> LES MILLS BODYCOMBAT 4:00PM - 4:30PM RIN BU KAI</p>	<p> LES MILLS GRIT CARDIO 4:30PM - 5:00PM RIN BU KAI</p>		
<p> LES MILLS BODYBALANCE 5:00PM - 5:30PM RIN BU KAI</p>	<p> LES MILLS GRIT CARDIO 4:30PM - 5:00PM RIN BU KAI</p>	<p> LES MILLS BODYBALANCE 4:30PM - 5:00PM RIN BU KAI</p>	<p> LES MILLS BODYPUMP 4:30PM - 5:00PM RIN BU KAI</p>	<p> LES MILLS BODYBALANCE 5:00PM - 5:30PM RIN BU KAI</p>		
<p> LES MILLS BODYCOMBAT 5:30PM - 6:00PM RIN BU KAI</p>	<p> LES MILLS BODYBALANCE 5:00PM - 5:30PM RIN BU KAI</p>	<p> LES MILLS BODYCOMBAT 5:00PM - 5:30PM RIN BU KAI</p>	<p> LES MILLS RPM 5:00PM - 5:30PM RIN BU KAI</p>	<p> LES MILLS BODYCOMBAT 5:30PM - 6:00PM RIN BU KAI</p>		
<p> LES MILLS BODYPUMP 6:00PM - 6:30PM RIN BU KAI</p>	<p> LES MILLS BODYCOMBAT 5:30PM - 6:00PM RIN BU KAI</p>	<p> LES MILLS BODYPUMP 5:30PM - 6:00PM RIN BU KAI</p>	<p>YOGA 6:00PM - 7:30PM RIN BU KAI</p>	<p> LES MILLS BODYPUMP 6:00PM - 6:30PM RIN BU KAI</p>		
<p>BODY FORMING 6:30PM - 7:30PM RIN BU KAI</p>	<p>FATBURNER 6:00PM - 7:00PM RIN BU KAI</p>	<p>LES MILLS BODYBALANCE 6:00PM - 7:00PM RIN BU KAI</p>	<p> ZUMBA FITNESS 7:30PM - 8:30PM RIN BU KAI</p>	<p> LES MILLS GRIT CARDIO 6:30PM - 7:00PM RIN BU KAI</p>		
<p>WORLD JUMPING 7:30PM - 8:30PM RIN BU KAI</p>	<p>LES MILLS BODYPUMP 7:00PM - 8:00PM RIN BU KAI</p>	<p>STEP AEROBIC 7:00PM - 8:00PM RIN BU KAI</p>	<p> LES MILLS BODYCOMBAT 8:30PM - 9:00PM RIN BU KAI</p>	<p>INDOOR CYCLING 7:00PM - 8:00PM RIN BU KAI</p>		
<p> LES MILLS BODYBALANCE 8:30PM - 9:00PM RIN BU KAI</p>	<p> LES MILLS RPM 8:00PM - 8:30PM RIN BU KAI</p>	<p> LES MILLS BODYPUMP 8:00PM - 8:30PM RIN BU KAI</p>		<p> LES MILLS BODYPUMP 8:00PM - 8:30PM RIN BU KAI</p>		
<p> LES MILLS BODYCOMBAT 9:00PM - 9:30PM RIN BU KAI</p>	<p> LES MILLS BODYBALANCE 8:30PM - 9:00PM RIN BU KAI</p>	<p> LES MILLS GRIT CARDIO 8:30PM - 9:00PM RIN BU KAI</p>		<p> LES MILLS BODYBALANCE 8:30PM - 9:00PM RIN BU KAI</p>		
		<p> LES MILLS BODYBALANCE 9:00PM - 9:30PM RIN BU KAI</p>				

