






Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Functional Bodystyling 9:00 - 10:00	Vinyasa Yoga 9:00 - 10:00		Cardiotoning 9:00 - 10:00	Rücken-Fit 9:30 - 10:30		Indoor-Cycling 9:30 - 10:30
	Indoor-Cycling 10:00 - 10:45					
ZumbaKidz 16:30 - 17:30		Tabata 17:00 - 17:30			<b>LES MILLS BODYBALANCE</b> 17:00 - 18:00	
ZumbaFitness 17:30 - 18:30	Cardio-Core 17:30 - 18:30	Indoor-Cycling "Starter" 17:30 - 18:15	Bodystyling 18:00 - 19:00			
<b>LES MILLS BODYPUMP</b> 18:30 - 19:30	Indoor-Cycling 18:30 - 19:30	Pilates 18:30 - 19:30	CrossWorx 18:00 - 19:00 auf der Trainingsfläche	Indoor-Cycling 18:00 - 19:00		
Tabata 19:30 - 20:00	<b>LES MILLS BODYBALANCE</b> 19:30 - 20:30	ZumbaFitness 19:30 - 20:30	Indoor-Cycling 19:00 - 19:50	<b>LES MILLS BODYPUMP</b> 19:00 - 20:00		
Rücken-Fit 20:00 - 21:00		60+ 20:30 - 21:30	Vinyasa Yoga 20:00 - 21:00			
Rückentraining	Kraft-, Muskeltraining	Herz- Kreislauftraining	Yoga / Pilates	Indoor-Cycling	Gültig ab 01.12.2018	 <b>ctk-sportpark</b> <small>mein Fitnessclub</small>