

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		
			LES MILLS BODYBALANCE 10:00 - 11:00			
ZumbaKidz 16:30 - 17:30		Tabata 17:00 - 17:30				
ZumbaFitness 17:30 - 18:30	Cardio-Core 17:30 - 18:30	Indoor-Cycling "Starter" 17:30 - 18:15	Bodystyling 18:00 - 19:00			
LES MILLS BODYPUMP 18:30 - 19:30	Indoor-Cycling 18:30 - 19:30	Pilates 18:30 - 19:30	CrossWorx 18:00 - 19:00 auf der Trainingsfläche			
Tabata 19:30 - 20:00	LES MILLS BODYBALANCE 19:30 - 20:30	ZumbaFitness 19:30 - 20:30	Indoor-Cycling 19:00 - 19:50	LES MILLS BODYPUMP 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 01.06.2019	 ctk-sportpark <small>mein Fitnessclub</small>

ab 08.05.19
BOOTCAMP
 mittwochs 19:00-20:00Uhr