

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 - 11:00					
ZumbaKidz 16:30 - 17:30	Cardio-Core 17:30 - 18:30	Tabata 17:00 - 17:30	Bodystyling 18:00 - 19:00	LES MILLS <b>BODYPUMP</b> 15:45 - 17:00	LES MILLS <b>BODYBALANCE</b> 17:00 - 18:00	
ZumbaFitness 17:30 - 18:30	CrossWorx 18:00 - 19:00 auf der Trainingsfläche	Indoor-Cycling "Starter" 17:30 - 18:15	CrossWorx 18:00 - 19:00 auf der Trainingsfläche			Indoor-Cycling 18:00 - 18:55
LES MILLS <b>BODYPUMP</b> 18:30 - 19:30	Indoor-Cycling 18:30 - 19:25	ZumbaFitness 18:30 - 19:30	Indoor-Cycling 19:00 - 19:55	LES MILLS <b>BODYPUMP</b> 19:00 - 20:00		
Tabata 19:30 - 20:00	LES MILLS <b>BODYBALANCE</b> 19:30 - 20:30	Pilates 19:30 - 20:30	Vinyasa Yoga 20:00 - 21:00			
Rücken-Fit 20:00 - 21:00		60+ 20:30 - 21:30				
Rückentraining Body&Mind	Kraft-, Muskeltraining	Herz- Kreislauftraining	Indoor-Cycling	Gültig ab 01.02.2020	Tel.: 0 98 61 / 9 29 99 Mail: info@ctk-sportpark.de Web: www.ctk-sportpark.de	 