

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Functional Bodystyling 9:00	Vinyasa Yoga 9:00		Cardiotoning 9:00	Rücken-Fit 9:00		
ZumbaKidz 16:30	Cardio-Core 17:30	Indoor-Cycling "Starter" 17:30	Bodystyling 18:00			
ZumbaFitness 17:30	CrossWorx 18:00	ZumbaFitness 18:30	CrossWorx 18:00	LES MILLS BODYBALANCE 18:00		
LES MILLS BODYPUMP 18:30	Indoor-Cycling 18:30	Pilates 19:30	Indoor-Cycling 19:00	LES MILLS BODYPUMP 19:00		
Rücken-Fit 20:00	LES MILLS BODYBALANCE 19:30	60+ 20:30	Vinyasa Yoga 20:00			
Rückentraining Body&Mind	Kraft-, Muskeltraining	Herz- Kreislauftraining	Indoor-Cycling	Gültig ab 05.10.2020	Tel.: 0 98 61 / 9 29 99 Mail: info@ctk-sportpark.de Web: www.ctk-sportpark.de	

