

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>Bodystyling</b> 9:00-10:00 <u>K1</u>	<b>Vinyasa Yoga</b> 9:00-10:00 <u>K1</u>		<b>Total Body Workout</b> 9:00-10:00 <u>K1</u>	<b>RückenFit</b> 9:00-10:00 <u>K1</u>		<b>LES MILLS BODYBALANCE</b> 11:00-12:00 <u>K1</u>
<b>ZumbaKids</b> (6-9J.) 15:30-16:30 <u>K1</u>						
<b>ZumbaKids</b> (10-13J.) 16:30-17:30 <u>K1</u>	<b>Total Body Workout</b> 17:45-18:40 <u>K1</u>					
<b>Zumba</b> 17:30-18:30 <u>K1</u>	<b>Funktionelles Faszientraining</b> 18:00-18:30 <u>K2</u>			<b>CrossWorx</b> Strength&Skills 16:30-17:30 <u>E</u>		
<b>Funktionelles Faszientraining</b> 17:45-18:15 <u>K2</u>	<b>CrossWorx</b> 18:45-19:45 <u>E</u>	<b>LES MILLS BODYPUMP</b> 18:00-19:00 <u>K1</u>	<b>Bodystyling</b> 17:30-18:30 <u>K1</u>	<b>Vinyasa Yoga</b> 18:00-18:45 <u>K2</u>		
<b>LES MILLS BODYPUMP</b> 18:30-19:30 <u>K1</u>	<b>Indoor-Cycling</b> 18:45-19:45 <u>K1</u>	<b>Pilates</b> 19:00-20:00 <u>K2</u>	<b>Indoor-Cycling</b> 18:30-19:20 <u>K1</u>	<b>LES MILLS BODYPUMP</b> short track 18:00-18:50 <u>K1</u>		
<b>RückenFit</b> 19:00-20:00 <u>K2</u>	<b>Vinyasa Yoga</b> 20:00-21:00 <u>K1</u>	<b>SeniorFit</b> 20:00-21:00 <u>K2</u>	<b>LES MILLS BODYBALANCE</b> 19:30-20:30 <u>K1</u>	<b>Indoor-Cycling</b> 19:00-20:00 <u>K1</u>		
<b>Rückentraining</b> <b>Body&amp;Mind</b>	<b>Kraft-, Muskeltraining</b>	<b>Herz-Kreislauftraining</b>	<b>Indoor-Cycling</b> Gültig ab 01.01.2022	K1=Kursraum1 K2=Kursraum2 F=Trainingsfläche	Tel.: 0 98 61 / 9 29 99 Mail: info@ctk-sportpark.de Web: www.ctk-sportpark.de	<b>ctksportpark</b>

ab 09.01.2022  
**LES MILLS BODYBALANCE**  
 sonntags 11:00-12:00Uhr

