

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Bodystyling 9:00-10:00 <u>K1</u>	Vinyasa Yoga 9:00-10:00 <u>K1</u>		Total Body Workout 9:00-10:00 <u>K1</u>	RückenFit 9:00-10:00 <u>K1</u>		LES MILLS BODYBALANCE 11:00-12:00 <u>K1</u>
ZumbaKids (6-9J.) 15:30-16:30 <u>K1</u>						
ZumbaKids (10-13J.) 16:30-17:30 <u>K1</u>						
Zumba 17:30-18:30 <u>K1</u>						
Funktionelles Faszientraining 18:00-19:00 <u>K2</u>	Total Body Workout 18:00-18:50 <u>K1</u>	Zumba 19:00-20:00 <u>K1</u>	Bodystyling 17:30-18:30 <u>K1</u>			
LES MILLS BODYPUMP 18:30-19:30 <u>K1</u>	CrossWorx 19:00-20:00 <u>F</u>	Pilates 19:00-20:00 <u>K2</u>	Indoor-Cycling 18:30-19:20 <u>K1</u>	LES MILLS BODYPUMP 18:00-19:00 <u>K1</u>		
	Vinyasa Yoga 19:30-20:30 <u>K1</u>	SeniorFit 20:00-21:00 <u>K2</u>	LES MILLS BODYBALANCE 19:30-20:30 <u>K1</u>			
Rückentraining Body&Mind	Kraft-, Muskeltraining	Herz-Kreislauftraining	Indoor-Cycling Gültig ab 01.06.2022	K1=Kursraum1 K2=Kursraum2 F=Trainingsfläche	Tel.: 0 98 61 / 9 29 99 Mail: info@ctk-sportpark.de Web: www.ctk-sportpark.de	ctksportpark

