

**MONTAG**

**DIENSTAG**

**MITTWOCH**

**DONNERSTAG**

**FREITAG**

**SAMSTAG**

09:30 CORE POWER

10:00 Bauch PUR

11:00 50+

10:00 FUNCTIONAL

10:30 MOBILITY

10:00 50+

10:30 Bauch PUR

10:00 CORE POWER

10:30 BURN

11:00 Bauch PUR

11:30 MOBILITY

11:45 Bauch PUR

12:15 MOBILITY

13:00 BURN

13:30 CORE POWER

13:00 CORE POWER

13:30 FUNCTIONAL

12:30 CORE POWER

13:00 TRX

13:00 CORE POWER

13:30 TRX

**SONNTAG**

11:30 MOBILITY

17:30 TRX

18:00 BURN

19:30 MOBILITY

20:00 Bauch PUR

17:30 Bauch PUR

18:30 BURN

19:00 FUNCTIONAL

16:00 TRX

16:30 Bauch PUR

18:30 CORE POWER

19:00 BURN

19:30 Bauch PUR

18:00 FUNCTIONAL

15:30 FUNCTIONAL

16:00 BURN

16:30 Bauch PUR

17:00 FUNCTIONAL

17:30 BURN

Der MOBILITY Kurs findet auf der Beweglichkeitsfläche im OG statt.