



gültig ab 01.04.2018

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	SAMSTAG	SONNTAG
KURSRAUM	Functional-Area	KURSRAUM	Functional-Area	KURSRAUM	Functional-Area	KURSRAUM	Functional-Area	KURSRAUM	KURSRAUM	KURSRAUM
				09.15 - 10.15 <b>LES MILLS BODYPUMP</b>					11.00 - 12.00 <b>LES MILLS BODYPUMP</b>	11.25 - 11.55 <b>LES MILLS GRIT CARDIO</b>
									12.05 - 12.35 Bauch X-Press <b>LES MILLS CXWORX</b>	12.00 - 13.00 <b>LES MILLS BODYPUMP</b>
										13.10 - 14.10 <b>LES MILLS BODYJAM</b>
				17.30 - 18.00 Bauch X-Press <b>LES MILLS CXWORX</b>				17.25 - 17.55 <b>LES MILLS GRIT STRENGTH</b>		14.15 - 15.15 <b>LES MILLS BODYBALANCE</b>
17.45 - 18.40 bauch beine po		17.45 - 18.30 <b>LES MILLS BODYBALANCE</b>	18.30 - 18.45 Bauch X-Press	18.00 - 18.30 <b>LES MILLS GRIT PLYO</b>		18.00 - 19.00 bauch beine po		18.00 - 19.00 <b>LES MILLS BODYPUMP</b>		
18.45 - 19.45 <b>LES MILLS BODYCOMBAT</b>	19.00 - 19.35 <b>CROSS- FITNESS</b>	18.35 - 19.35 <b>LES MILLS BODYPUMP</b>	19.00 - 19.35 <b>CROSS- FITNESS</b>	18.30 - 19.30 <b>LES MILLS BODYATTACK</b>	19.00 - 19.35 <b>CROSS- FITNESS</b>	19.00 - 20.00 <b>LES MILLS BODYBALANCE</b>	19.00 - 19.35 <b>CROSS- FITNESS</b>	19.05 - 19.50 <b>LES MILLS BODYATTACK</b>		
19.50 - 20.50 <b>LES MILLS BODYPUMP</b>		19.45 - 21.00 Yoga								

**OUTFIT Zentrum GmbH**  
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Bitte Aushänge beachten!  
Infos zu den Kursen bekommst du bei uns im  
Studio oder unter [www.outfit-clubs.de](http://www.outfit-clubs.de)