

Kursplan

Gültig ab Montag 12.09.22

MOV' INDOOR- AND
OUTDOOR FITNESS
IO

MONDAY	17.00 - 17.50 Bungee Betriebssport	18.00 - 18.50 Dance Moves #	19.00 - 19.50 Bungee Workout *#	20.00 - 20.50 Bungee Workout *#
TUESDAY	9.30 - 10.15 Bungee Workout *	18.00 - 18.50 Bungee Workout *	18.00 - 18.30 EMS GROUP **	19.00 - 19.50 Pilates #
WEDNESDAY	10.00 - 10.30 EMS GROUP **	18.00 - 18.30 Booty & Abs #	18.35 - 19.10 Bungee Xpress *#	19.20 - 20.10 Freaky Wednesday ##
THURSDAY	17.45 - 18.15 EMS Group **	18.30 - 18.55 Tabata #	19.00 - 19.50 Bungee Workout *#	20.00 - 20.50 Langhantel Workout #
FRIDAY	9.00 - 9.50 Rückentraining an Geräten	16.15 - 16.45 EMS GROUP **	17.00 - 17.30 Hula Hoop *#	17.35 - 18.15 Functional Pilates #
SATURDAY	7.30 - 8.15 Movio morning flow ## Golberg		# online + im movio	* bitte zum Kurs anmelden
SUNDAY	9.00 - 9.50 Sunday Burnout Bootcamp ##		## bei gutem Wetter outdoor	** nicht im Kursabo enthalten