



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

					9.00 – 9.50 Rückentraining an Geräten (movio)	7.30 – 8.15 Early Bird Moves (outdoor & online)	9.00 – 9.50 Sunday Burnout (Outdoor oder movio bei Unwetter)
18.00 – 18.45 Dance Moves (movio & online)	18.00 – 18.35 Rolle & Mobility (movio & online)	18.00 – 18.35 Band Workout (movio & online)	18.30 – 19.20 Abs, Booty & Legs (movio & online)	17.00 – 17.35 Step Aerobic (movio & online)			
18.50 – 19.20 Kurz & Knackig (movio & online)	18.40 – 19.30 Pilates (movio & online)	18.40 – 19.15 Cardio & Core (movio & online)	19.30 – 20.20 Bungee Workout (movio & online)	17.40 – 18.20 Hula Hoop (movio & online)*			
		19.40 – 20.30 Outdoor Workout (outdoor)					

*mit eigenem Hula Hoop