

# KURSPLAN DITZINGEN

gültig ab 15.04.2024

**POINT**  
sports.wellness.club

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
09:00 – 09:50 Wirbelsäule		09:00 – 09:50 BBP		09:00 – 09:50 Pilates
				10:05 – 11:05 Hatha Yoga
	17:00 – 18:00 Vinyasa Yoga			
18:00 – 19:00 <b>LES MILLS</b> <b>BODYCOMBAT</b>	18:10 – 19:10 <b>LES MILLS</b> <b>BODYPUMP</b>	18:00 – 19:00 <b>LES MILLS</b> <b>BODYPUMP</b>	18:30 – 19:30 <b>LES MILLS</b> <b>BODYPUMP</b>	18:00 – 19:00 
19:10 – 20:10 <b>LES MILLS</b> <b>BODYPUMP</b>		19:10 – 20:10 Wirbelsäule	19:40 – 20:40 <b>LES MILLS</b> <b>BODYBALANCE</b>	
20:20 – 20:50 Strech & Flex				