

# KURSPLAN DITZINGEN

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 - 19:00 Bodyforming	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 - 20:00 Wirbelsäule	19:40 - 20:40 <b>LES MILLS</b> <b>BODYBALANCE</b>	
20:20 - 20:50 Stretch & Flex				