

KURSPLAN DITZINGEN

gültig ab 07.04.2025

POINT
sports.wellness.club

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
	07:00 – 07:50 Pilates			
	07:55 – 08:55 Hatha Yoga			
09:00 – 09:50 Wirbelsäule		09:00 – 09:50 BBP		09:00 – 10:00 Pilates
10:00 – 10:50 <small>LES MILLS</small> PILATES				10:05 – 11:05 Hatha Yoga
18:00 – 19:00 <small>LES MILLS</small> BODYCOMBAT	18:00 – 19:00 Vinyasa Yoga	18:00 – 19:00 <small>LES MILLS</small> BODYPUMP	17:30 – 18:30 <small>LES MILLS</small> BODYCOMBAT	18:00 – 19:00 
19:10 – 20:10 <small>LES MILLS</small> BODYPUMP	19:10 – 20:00 <small>LES MILLS</small> PILATES	19:10 – 20:10 	18:40 – 19:40 <small>LES MILLS</small> BODYPUMP	
20:20 – 21:00 Strech & Flex			19:50 – 20:50 <small>LES MILLS</small> BODYBALANCE	