

## Medi-Terrain Oststeinbek - Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:15-10:15 Pilates	09:30-10:30 Bauch-Beine-Po	09:15-10:15 Langhantel	9:30-10:30 Cardio Basic	09:15-10:15 Fit over 50		
10:15-11:15 Rückengym	10:00-11:30 Indoor-Cycling		10:00-11:30 Indoor-Cycling	10:15-11:15 Step2	11:00-12:30 Boxen	10:15-11:15 Step2
11:15-12:15 Basic-Yoga	10:30-11:30 Rückengym	10:30-11:30 Body Complete	10:30-11:30 Rückengym	11:15-12:00 Rückengym		11:15-12:15 Pilates
	11:30-12:30 Pilates		11:30-12:00 Stretching	12:00-12:30 Stretching		12:15-13:15 Rückengym
				17:00-17:30 Functional	14:30-15:30 Bodypump®	
	17:30-18:00 CXWORX®	17:45-18:15 Bauch Pur	17:30-18:00 CXWORX®	17:30-18:30 Zumba®	15:30-16:30 BODYBALANCE®	
18:00-19:00 BBP Plus	18:05-19:05 Bodypump®	18:15-19:15 Intensiv Yoga	18:05-19:05 Bodypump®	18:30-19:15 Cardio Fit		
19:00-20:00 Yoga	18:35-19:50 Indoor-Cycling	19:15-20:15 Rückengym	19:10-20:20 Indoor-Cycling	19:15-20:15 BODYBALANCE®		
20:00-21:00 Functional	19:15-20:15 Zumba®	20:15-21:30 Kick & Punch	19:15-20:15 Boxen			