

Medi-Terrain Oststeinbek Kursplan

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