SUPERFIT

MEMBER AREA

ONLINE KURSPLAN

GÜLTIG AB **01.10.2021**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
LesMills CORE 08:00	LesMills LMISTEP 08:00	LesMills BODYBALANCE 08:00	LesMills BODYJAM 08:00	LesMills BODYPUMP 08:00		
LesMills BODYPUMP 09:00	LesMills BODYJAM 09:00	LesMills CORE 09:00	LesMills BODYCOMBAT 09:00	LesMills BODYATTACK 09:00	LesMills SH'BAM 09:00	LesMills CORE 09:00
LesMills BODYBALANCE 10:00	LesMills BODYCOMBAT 10:00	LesMills BODYATTACK 10:00	LesMills LMISTEP 10:00	LesMills CORE 10:00	LesMills BODYCOMBAT 10:00	LesMills BODYATTACK 10:00
					LesMills BODYBALANCE 11:00	LesMills BODYJAM 11:00
LesMills BODYATTACK 18:00	LesMills CORE 17:30	LesMills BODYCOMBAT 18:00	LesMills BODYPUMP 17:30	LesMills BODYCOMBAT 17:30	LesMills BODYJAM 18:00	LesMills BODYCOMBAT 17:00
LesMills LMISTEP 18:00	LesMills BODYPUMP 18:30	LesMills BODYJAM 18:00	LesMills BODYBALANCE 18:30	LesMills BODYJAM 17:30	LesMills BODYPUMP 18:00	LesMills LMISTEP 18:30
LesMills BODYPUMP 19:00	LesMills BODYATTACK 19:30	LesMills LMISTEP 19:00	LesMills BODYATTACK 19:30	LesMills BODYPUMP 18:30	LesMills CORE 19:00	LesMills BODYPUMP 19:30
LesMills BODYCOMBAT 19:00	LesMills BODYBALANCE 19:30	LesMills BODYATTACK 19:00	LesMills CORE 20:30	LesMills LMISTEP 18:30	LesMills BODYATTACK 19:00	LesMills BODYBALANCE 20:30
LesMills BODYJAM 20:00	LesMills BODYCOMBAT 20:30	LesMills BODYPUMP 20:00	LesMills SH'BAM 20:30	LesMills BODYBALANCE 19:30	LesMills LMISTEP 20:00	LesMills SH'BAM 20:30