SUPERFIT

# NEUKÖLLN WOMEN

# KURSPLAN

GÜLTIG AB **01.01.2022**

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---|---|---|---|---|---|---|
| | SUPERFIT<br>BAUCH BEINE PO<br>10:00 - 10:45 | SUPERFIT<br>BAUCH BEINE PO<br>10:30 - 11:20 | ZUMBA FITNESS<br>ZUMBA<br>10:00 - 10:50 | | | SUPERFIT<br>BAUCH BEINE PO<br>10:00 - 10:45 |
| | SUPERFIT<br>PILATES<br>11:00 - 11:50 | | | | ZUMBA FITNESS<br>ZUMBA<br>11:00 - 11:45 | SUPERFIT<br>PILATES<br>11:00 - 11:50 |
| | | | | | SUPERFIT<br>BAUCH BEINE PO<br>12:00 - 12:45 | |
| | SUPERFIT<br>BAUCH BEINE PO<br>17:30 - 18:20 | SUPERFIT<br>BAUCH BEINE PO<br>17:30 - 18:15 | SUPERFIT<br>RÜCKEN<br>17:30 - 18:15 | | | |
| LesMILLS<br>BODYBALANCE<br>18:30 -19:15 | LesMILLS<br>BODYPUMP<br>18:30 - 19:15 | ZUMBA FITNESS<br>ZUMBA<br>18:30 - 19:20 | SUPERFIT<br>PILATES<br>18:30 - 19:20 | SUPERFIT<br>YOGA<br>18:00 - 19:20 | | |
| LesMILLS<br>BODYPUMP<br>19:30 - 20:20 | ZUMBA FITNESS<br>ZUMBA<br>19:30 - 20:20 | | | | | |