SUPERFIT **CHARLOTTENBURG** **KURSPLAN** GÜLTIG AB **01.04.2022**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
LesMILLS BODYPUMP 10:00 - 10:45	SUPERFIT PILATES 10:00 - 10:45	SALSATION FITNESS SALSATION 10:00 - 10:45	SUPERFIT RÜCKEN 10:00 - 10:45	SUPERFIT BAUCH BEINE PO 09:00 - 09:45	LesMILLS BODYPUMP 09:00 - 09:45	ZUMBA FITNESS ZUMBA 10:00 - 10:45
SUPERFIT RÜCKEN 11:00 - 11:45	SUPERFIT BAUCH BEINE PO 11:00 - 11:45	SUPERFIT BAUCH BEINE PO 11:00 - 11:45	LesMILLS BODYPUMP 11:00 - 11:45	ZUMBA FITNESS ZUMBA 10:00 - 10:45	SUPERFIT PILATES 10:00 - 10:45	SUPERFIT BAUCH EXPRESS 11:00 - 11:20
SUPERFIT YOGA 12:00 - 13:20	SUPERFIT RÜCKEN 12:00 - 12:50	SUPERFIT YOGA 12:00 - 13:20	SUPERFIT BAUCH EXPRESS 12:00 - 12:20	SUPERFIT YOGA 11:00 - 12:20	SUPERFIT BAUCH BEINE PO 11:00 - 11:45	LesMILLS LMISTEP 11:30 - 12:15
					LesMILLS BODYCOMBAT 12:00 - 12:50	LesMILLS BODYBALANCE 12:30 - 13:15
						SUPERFIT YOGA 13:30 - 14:50
	SUPERFIT BAUCH BEINE PO 16:00 - 16:45					LesMILLS BODYATTACK 15:30 - 16:15
						SUPERFIT BAUCH EXPRESS 16:30 - 16:50
LesMILLS BODYPUMP 16:30 - 17:15	ZUMBA FITNESS ZUMBA 17:00 - 17:45	LesMILLS BODYPUMP 16:30 - 17:15	SUPERFIT BAUCH BEINE PO 17:00 - 17:45	LesMILLS BODYATTACK 16:30 - 17:15	LesMILLS BODYPUMP 17:00 - 17:45	LesMILLS BODYPUMP 17:00 - 17:45
LesMILLS BODYBALANCE 17:30 - 18:15	LesMILLS BODYPUMP 18:00 - 18:45	SUPERFIT PILATES 17:30 - 18:15	LesMILLS BODYCOMBAT 18:00 - 18:45	LesMILLS BODYPUMP 17:30 - 18:15	LesMILLS BODYATTACK 18:00 - 18:45	LesMILLS BODYBALANCE 18:00 - 18:45
LesMILLS BODYCOMBAT 18:30 - 19:15	SUPERFIT BAUCH EXPRESS 19:00 - 19:20	LesMILLS BODYCOMBAT 18:30 - 19:15	LesMILLS BODYPUMP 19:00 - 19:45	SUPERFIT YOGA 18:30 - 19:45		SUPERFIT PILATES 19:00 - 19:50
SUPERFIT BAUCH EXPRESS 19:30 - 19:50	LesMILLS BODYATTACK 19:30 - 20:15	LesMILLS BODYATTACK 19:30 - 20:15	LesMILLS BODYBALANCE 20:00 - 20:50	SALSATION FITNESS SALSATION 20:00 - 20:50		
LesMILLS BODYPUMP 20:00 - 20:45	LesMILLS BODYBALANCE 20:30 - 21:20	SUPERFIT BAUCH EXPRESS 20:30 - 20:50				
EXPRESS LesMILLS BODYATTACK 21:00 - 21:25		LesMILLS BODYPUMP 21:00 - 21:50				