SUPERFIT

NEUKÖLLN

KURSPLAN

GÜLTIG AB **01.01.2025**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	SUPERFIT YOGA 09:00 - 10:20					
LesMills BODYPUMP 10:00 - 10:50	LesMills BODYPUMP 10:30 - 11:20	SUPERFIT YOGA 10:00 - 11:20	ZUMBA FITNESS ZUMBA 10:00 - 10:50	SUPERFIT YOGA 10:00 - 11:20	SUPERFIT YOGA 09:30 - 10:50	SUPERFIT BAUCH BEINE PO 10:00 - 10:50
SUPERFIT YOGA 11:00 - 12:20		LesMills BODYPUMP 11:30 - 12:20	SUPERFIT YOGA 11:00 - 12:20	LesMills BODYPUMP 11:30 - 12:20	LesMills BODYPUMP 11:00 - 11:50	LesMills BODYPUMP 11:00 - 11:50
					SUPERFIT BAUCH EXPRESS 12:00 - 12:20	LesMills BODYBALANCE 12:00 - 12:50
					LesMills BODYCOMBAT 12:30 - 13:20	
SUPERFIT BAUCH BEINE PO 17:00 - 17:50	LesMills BODYBALANCE 17:30 - 18:20	LesMills BODYATTACK 17:30 - 18:20	SUPERFIT PILATES 16:30 - 17:20			
LesMills BODYPUMP 18:00 - 18:50	JUMPING FITNESS JUMPING 18:30 - 19:20	LesMills BODYPUMP 18:30 - 19:20	SUPERFIT BAUCH BEINE PO 17:30 - 18:20	LesMills BODYPUMP 17:00 - 17:50		
LesMills BODYATTACK 19:00 - 19:50	LesMills BODYCOMBAT 19:30 - 20:20	SUPERFIT YOGA 19:30 - 20:50	LesMills BODYPUMP 18:30 - 19:20	LesMills BODYATTACK 18:00 - 18:50		LesMills BODYPUMP 18:00 - 18:50
ZUMBA FITNESS ZUMBA 20:00 - 20:50	LesMills BODYPUMP 20:30 - 21:20		SUPERFIT YOGA 19:30 - 20:50	JUMPING FITNESS JUMPING 19:00 - 19:50		LesMills BODYBALANCE 19:00 - 19:50