

KURSPLAN DINKELSBÜHL

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | |
|--|---|--|---|--|---|--|
| | 09:15 - 10:00 Rücken + BBPo 10:10 - 10:55 Faszien & Mind | 08:30 - 09:15 Pilates 09:30 - 10:30 Frauenpower |  <p>am 30. Juni 2019</p> | 09:00 - 10:00 Bodystyling 10:15 - 11:00 Aktiv 60+ | 10:30 - 11:15 Functional Fit 11:25 - 11:55 Faszien ausrollen | |
| 17:30 - 18:15 Minibands | 17:15 - 18:00 Step Fatburner | 17:45 - 18:30 XCO Shake | | 17:15 - 18:00 Bauch + Beckenboden | | Sonntag am 07.04. |
| 18:25 - 19:10 Tabata | 18:10 - 18:55 Tabata | 18:40 - 19:25 BBPo | | 18:10 - 18:55 Step Fatburner | 18:00 - 19:00 Weekend - Power Workout | 09:30 - 10:15 Pilates |
| 19:20 - 20:05 TRX meets Tabata | 19:05 - 19:50 Faszien meets Rücken | 19:35 - 20:20 Time to Dance | | 19:05 - 19:50 BBPo meets Balance | | 10:30 - 11:30 Step Fatburner |
| | 20:00 - 20:50 Steptaculär | | | 20:00 - 20:45 Pilates | | |
| | 21:00 - 21:45 Männer Sixpack | | | | | |