

Kursplan New Life Fitness & Wellness Club

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	Sonntag													
Kursraum	Fläche	Kursraum	Fläche	Kursraum	Fläche	Kursraum	Fläche	Kursraum	Fläche	Kursraum	Kursraum													
9.30-10.30 Body Workout		9.30-10.15 Bodystyle	9.15-10.00 Zirkeltraining		9.30-10.00 Bauch, Beine, Po	9.15-10.15 Yoga					10.15-11.00 Indoor Cycling													
	10.00-10.10 BMW	10.20-10.50 stabile Mitte	10.00-10.20 BMW + Stretching	10.10-10.55 WS-Gymnastik	10.00-10.10 BMW	10.30-11.15 WS-Gymnastik & Beckenboden	10.00-10.30 Zirkeltraining		10.00-10.10 BMW		11.10-11.55 Sunday Special													
	10.15-11.00 Zirkeltraining	10.50-11.05 Stretching					10.30-10.50 BMW + Stretching		10.15-11.00 Zirkeltraining															
		Elchino Kids Club 09:00 - 11:30				Elchino Kids Club 09:30 - 11:30						Elchino Kids Club 10:00 - 13:00												
														17.00-17.45 WS-Gymnastik	17.00-17.45 Zirkeltraining	17.00-17.45 Indoor Cycling		17.30-18.30 Yoga		17.00-17.45 WS-Gymnastik	17.00-17.45 Zirkeltraining			
														17.50.-18.35 Step Mix	18.00 -18.10 BMW	18.05-18.50 Body Workout	18.00 -18.20 BMW + Stretching	18.35-19.20 Bauch Total	18.00 -18.10 BMW	17.50-18.35 Step & Fun	18.00-18.20 BMW + Stretching	18.00-18.45 Bauch Total	18.00 -18.10 BMW	
														18.40-19.25 Move & Tone	19.00 -19.10 BMW	19.00-19.45 WS-Gymnastik		19.25-20.10 N.L. Pump		18.40-19.25 Bodystyle		18.50-19.35 N.L. Pump	19.00 -19.10 BMW	
														19.30-20.15 Indoor Cycling		19.50-20.50 New Body Step		20.15-21.00 Indoor Cycling		19.30-20.15 Indoor Cycling		19.40-20.25 Indoor Cycling		

