

Maxim-Kursplan

PERFECT FITNESS



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
						10.50 - 11.20 Jumping
						11.30 - 12.25 Strong by Zumba
	17.00 - 17.55 Bodyfit			16.00 - 16.55 Rückenfit/Blackroll		12.30 - 13.30 Zumba
	18.00 - 18.55 Zumba	17.30 - 18.25 Dumbell Power		17.00 - 18.00 Zumba		
18.00 - 18.30 Bauch X-Press	19.00 - 19.55 Dumbell Power	18.30 - 19.25 Circuit	18.00 - 19.00 Pilates/Blackroll	18.00 - 18.30 Jumping		
18.30 - 19.30 Workout Mix	20.00 - 20.30 Bauch X-treme	19.30 - 20.25 Strong by Zumba	19.30 - 20.30 Boxen	18.30 - 19.00 Jumping		
20.00 - 21.00 Boxen		20.30 - 21.00 Jumping	20.30 - 21.30 Boxen			