

Kursplan Weilheim

Montag

09:15 – 10:45 Yoga Balance - Noel
 18:00 – 19:00 Zumba – Vroni
 19:30 – 20:30 Indoor Cycling – Horst **ab 03.11.**

Dienstag

09:15 – 10:15 Bodystyling – Pia
 10:15 – 11:15 Functional-Zirkel - Pia
 18:15 – 19:15 Bodystyling - Johanna
 19:30 – 20:30 Indoor Cycling - Johanna
 19:00 – 20:30 Hatha Yoga f. Anfänger -Noel

Mittwoch

18:00 - 19:00 StepWorkout – Eva
 19:00 – 20:00 Pilates Stretch – Eva

Donnerstag

09:15 – 10:15 Rückenfitness - Pia
 10:15 – 11:15 Core & Stretch - Pia
 17:30 – 18:30 Zumba - Vroni
 18:30 – 19:30 MaxxF – Lothar
 19:00 – 20:30 Yoga f. geübte – Noel
 19:45 – 20:45 Indoor Cycling - Lothar

Sonntag

09:30 – 11:00 Indoor Cycling – Otto **ab 09.11.**

**Bitte für die Kurse online
anmelden**

www.sportstudio-guffanti.de

Kursplan Peißenberg

Montag

09:00 – 10:00 Step - Moni
 10:00 – 11:00 Bodystyling – Moni
 10:00 – 10:45 Aqua – Ashley
 18:00 – 18:45 Aqua - Irm
 18:00 – 19:00 Rücken - Babsi
 19:00 – 20:00 Langhantel - Babsi
 19:30 – 20:30 Wave – Rudi

Dienstag

10:15 – 11:15 Indoor Cycling – Klaus **ab 18.11.**
 17:30 – 18:15 Aqua – Amelie
 18:00 – 18:30 Bauch intensiv - Bibi
 18:30 – 19:30 Workout – Bibi
 19:30 – 20:30 Indoor Cycling - Norbert **ab 14.10.**

Mittwoch

09:00 – 10:00 Rücken – Babsi
 10:15 – 11:00 Aqua - Babsi
 18:00 – 19:00 Cardio meets Core – Susi
 18:15 – 19:00 Aqua – Ashley
 19:00 – 20:00 Workout - Susi

Donnerstag

10:15 – 11:15 Indoor Cycling – Volker **ab 23.10.**
 18:30 – 19:15 Aqua – Ashley

Freitag

09:00 – 10:00 Step - Moni
 10:00 – 11:00 Bodystyling -Moni
 10:00 – 10:45 Aqua - Ashley
 17:30 – 18:30 Bosu Power - Bibi
 18:30 – 19:30 Back & Stretch – Bibi

Sonntag

09:00 – 10:30 Hatha-Yoga - Noel