

KURSPROGRAMM (gültig ab 12.01.12)



Viel Spaß und Erfolg wünscht Dir Dein POINT-Team:

Alex, Andi, Barbara, Elke, Gerald, Gerlinde, Gisela, Gunda, Hannelore, Ilonka, Insa, Jürgen, Jessica, Katharina, Kerstin, Maja, Marina, Myriam, Paulina, Ramona, Silke, Simone, Susanne, Sylwia, Tanja und Walburga

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		WOCHENENDE
Aerobic	Spinning	Aerobic	Spinning	Aerobic	Spinning	Aerobic	Spinning	Aerobic	Spinning	SAMSTAG
9.15 – 10.00 Bike Gerlinde		9.30 – 10.30 Langhantel- Training (PuM) Walburga		9.15 – 9.45 Step für Einsteiger Gerlinde	10.15 – 10.45 effective ® 10.45 – 11.15 effective ®				9.00 – 9.30 effective ®	Kids-Dance 9.30 – 10.15 10.15 – 11.00
10.15 – 11.00 Body-Workout Gerlinde	10.45 – 11.15 effective ®			9.45 – 10.15 Bauchkiller Gerlinde				10.00 – 11.00 Rücken- Fit / WSG Walburga/ Gunda	9.30 – 10.00 effective ®	Kids-Ballett 11.15 – 12.15
11.00 – 12.00 Reha-Training Kerstin				10.15 – 11.00 Step Gerlinde		17.00 - 18.00 Reha-Training Kerstin				SONNTAG nach Aushang Body-Drill
18.30 – 19.30 Rücken & Fit Elke		17.30 – 18.00 Bauchkiller Paulina				18.00 – 19.00 Modern- Dance Paulina				
	19.00 – 20.30 Bike Fatburner Stocki	18.00 – 19.00 Fatburner Paulina		19.00 – 20.00 Langhantel- Training (PuM) Elke				18.30 – 19.30 Langhantel- Training (PuM) Elke		
19.30 – 20.30 Langhantel- Training (PuM) Walburga		19.00 – 20.30 Yoga/ Body-Balance Marina				19.15 – 20.15 Dance meets Walburga	19.00 - 20.00 Bike Marina			

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