

# Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Kursraum	Kursraum	Kursraum	Kursraum	Kursraum	Kursraum	Kursraum
<b>J's Functional Circle</b> 10:00 - 10:30		<b>Mobility/ Stability</b> 10:00 - 10:30		<b>Pilates</b> 10:00 - 11:00		
<b>Mobility/ Stability</b> 10:35 - 11:05		<b>J's Functional Circle</b> 10:35 - 11:05				
	<b>J's Functional Circle</b> 17:45 - 18:25		<b>H.I.I.T - Circle</b> 17:45 - 18:15		<b>Kurs - Special</b> 11:00 - 12:30	
<b>Core Training</b> 18:30 - 19:00	<b>H.I.I.T</b> 18:30 - 19:10		<b>Bauch Intensiv</b> 18:20 - 18:50			
<b>Cycling</b> 19:15 - 20:15	<b>Mobility</b> 19:15 - 19:45	<b>Core Training</b> 18:00 - 18:30	<b>J's Functional Circle</b> 19:00 - 19:30			
<b>Yoga - Kraft &amp; Energie</b> 19:10 - 19:55		<b>Stretching</b> 18:30 - 19:00	<b>Strala Strong</b> 19:00 - 19:30			
<b>Yoga Relax</b> 20:00 - 20:45		<b>Cycling</b> 19:15 - 20:15	<b>Strala Relax Express</b> 19:40 - 20:10			