


Kursplan

23.10.2017 - 29.10.2017

ProAktiva 
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Montag 23.10.2017	Dienstag 24.10.2017	Mittwoch 25.10.2017	Donnerstag 26.10.2017	Freitag 27.10.2017	Samstag 28.10.2017	Sonntag 29.10.2017
<div style="background-color: #90EE90; padding: 5px; margin-bottom: 5px;">09:00 - 10:00 BBP + Rücken</div> <div style="background-color: #FF4500; padding: 5px; margin-bottom: 5px;">10:05 - 11:05 LesMills Bodybalanc..</div> <div style="background-color: #40E0D0; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Spin-Bike</div> <div style="background-color: #F08080; padding: 5px; margin-bottom: 5px;">19:05 - 20:00 Hot Iron</div> <div style="background-color: #FFD700; padding: 5px;">20:05 - 21:05 Bokwa</div>	<div style="background-color: #FF4500; padding: 5px; margin-bottom: 5px;">17:25 - 18:10 LesMills SH'BAM</div> <div style="background-color: #90EE90; padding: 5px; margin-bottom: 5px;">18:15 - 19:15 BBP + Rücken</div> <div style="background-color: #FF4500; padding: 5px;">19:20 - 20:10 LesMills Bodyattak</div>	<div style="background-color: #90EE90; padding: 5px; margin-bottom: 5px;">09:00 - 10:00 BBP + Rücken</div> <div style="background-color: #40E0D0; padding: 5px; margin-bottom: 5px;">18:05 - 19:05 Spin-Bike</div> <div style="background-color: #90EE90; padding: 5px;">19:15 - 20:30 Hatha-Yoga</div>	<div style="background-color: #FF4500; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 LesMills Bodybalanc..</div> <div style="background-color: #40E0D0; padding: 5px;">19:05 - 20:05 Spin-Bike</div>	<div style="background-color: #90EE90; padding: 5px; margin-bottom: 5px;">09:30 - 10:30 Pilates</div> <div style="background-color: #F08080; padding: 5px; margin-bottom: 5px;">17:30 - 18:30 Hot Iron</div> <div style="background-color: #90EE90; padding: 5px;">18:35 - 19:35 Faszientraining</div>		

■ Ausdauer
 ■ Dance & Fun
 ■ Gesundheit und F...
 ■ Kraft
■ LesMills Kurse

Stand: 23.10.2017