

# Kursplan

19.02.2018 - 25.02.2018

Sport-In Brandenburg  
An der Bundesstrasse 1  
14776 Brandenburg/Wust  
03381 25400  
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Montag 19.02.2018	Dienstag 20.02.2018	Mittwoch 21.02.2018	Donnerstag 22.02.2018	Freitag 23.02.2018	Samstag 24.02.2018	Sonntag 25.02.2018
09:30 - 10:20 RÜCKENFIT	09:30 - 10:20 RÜCKENFIT	09:30 - 10:20 Fle.xx WBS Gymnasti...	09:30 - 10:20 RÜCKENFIT	09:30 - 10:20 BODYVIVE 3.1		09:30 - 10:20 BODYPUMP
10:30 - 11:20 ZUMBA-GOLD	10:30 - 11:20 Fle.xx WBS Gymnasti...	10:30 - 11:20 Fit - Mix / Bodyviv...	10:30 - 11:20 Fle.xx WBS Gymnasti...	10:30 - 11:20 Rückenfit / BODYBAL...		10:30 - 11:20 Fle.xx WBS Gymnasti...
10:30 - 11:20 Fle.xx WBS Gymnasti...	17:30 - 18:20 ZUMBA	17:00 - 17:50 Fle.xx WBS Gymnasti...	18:00 - 18:50 Fle.xx WBS Gymnasti...	17:00 - 17:50 BODYPUMP		
17:00 - 17:50 RÜCKENFIT	18:30 - 19:20 BODYPUMP	18:00 - 18:30 BODYVIVE 3.1	18:00 - 18:50 LMI STEP	18:15 - 19:05 Fle.xx WBS Gymnasti...		
18:00 - 18:50 AROHA	18:30 - 19:00 Crosstraining expre...	18:40 - 19:10 CXWORX	19:00 - 19:50 BODYVIVE 3.1	19:15 - 20:05 ZUMBA		
18:00 - 18:50 BODYPUMP	19:30 - 20:20 Fle.xx WBS Gymnasti...	19:15 - 20:05 ZUMBA	20:00 - 20:50 BODYBALANCE			
19:00 - 19:50 BODYVIVE 3.1		19:15 - 20:05 Fle.xx WBS Gymnasti...				
19:00 - 19:50 Fle.xx WBS Gymnasti...						
20:00 - 20:50 BODYBALANCE						

Ausdauer  
 LesMills

Dance & Fun

Figur

Gesundheit

Stand: 24.02.2018