



# KURSPLAN

2012



	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
10.00	FLEXX Aerobic		FLEXX Bauch-Killer		FLEXX Yoga / Pilates
11.00	FLEXX Rücken-Fit		FLEXX Iron-Pump		
17.00	FLEXX Bauch-Killer				
18.00	FLEXX Iron-Pump	FLEXX Yoga / Pilates	FLEXX Aerobic	FLEXX Bauch-Killer	ZUMBA-FITNESS
19.00	FLEXX Step-Aerobic	FLEXX Step-Aerobic	ZUMBA-FITNESS	FLEXX Iron-Pump	FLEXX Iron-Pump
20.00	ZUMBA-FITNESS	FLEXX Iron-Pump	FLEXX Rücken-Fit	FLEXX Step-Aerobic	

**MACH MIT**



... einfach clever trainieren