

# KURSPLAN

|              | MONTAG             | DIENSTAG           | MITTWOCH         | DONNERSTAG         | FREITAG            | SAMSTAG |              |
|--------------|--------------------|--------------------|------------------|--------------------|--------------------|---------|--------------|
| 06:30        |                    |                    |                  |                    | Zirkel <b>F</b>    |         | 06:30        |
| <b>07:00</b> | Zirkel <b>F</b>    |                    |                  |                    | Zirkel <b>F</b>    |         | <b>07:00</b> |
| 07:30        | Zirkel <b>F</b>    |                    |                  |                    | Zirkel <b>F</b>    |         | 07:30        |
| <b>08:00</b> |                    |                    |                  |                    |                    |         | <b>08:00</b> |
| 08:30        | Zirkel <b>F</b>    |                    | Zirkel <b>F</b>  |                    | TRX <b>A F</b>     |         | 08:30        |
| <b>09:00</b> |                    | Bodyfit <b>F</b>   |                  | Core <b>A F</b>    |                    |         | <b>09:00</b> |
| 09:30        |                    | MoFa <b>A</b>      |                  | MoFa <b>A</b>      |                    |         | 09:30        |
| <b>10:00</b> | Rückenfit <b>A</b> | Rehasport <b>A</b> |                  | Rehasport <b>A</b> | Rückenfit <b>A</b> |         | <b>10:00</b> |
| 10:30        |                    | Rehasport <b>A</b> |                  | Rehasport <b>A</b> |                    |         | 10:30        |
| 17:30        |                    |                    |                  |                    | Rehasport <b>A</b> |         | 17:30        |
| <b>18:00</b> |                    | Zirkel <b>F</b>    | Core <b>A F</b>  |                    | Rehasport <b>A</b> |         | <b>18:00</b> |
| 18:30        |                    |                    | Bodyfit <b>F</b> |                    |                    |         | 18:30        |
| 18:45        |                    |                    |                  | Zirkel <b>F</b>    |                    |         | 18:45        |
| <b>19:00</b> | Hit <b>S</b>       |                    | MoFa <b>A</b>    |                    |                    |         | <b>19:00</b> |
| 19:15        |                    |                    |                  | Zirkel <b>F</b>    |                    |         | 19:15        |
| 19:30        | Hit <b>S</b>       |                    |                  | Hit <b>S</b>       |                    |         | 19:30        |