Das TV BZ

Kursplan

Power
Functional
Ausdauer
Balance

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30-10:30 FIT MIX Simone	09:00-09:30 RÜCKEN FIT Alex	09:30-10:30 RÜCKEN FIT Simone	09:00-09:30 BAUCH & STRETCH Nicole	09:30-10:25 RÜCKEN FIT Paulina	09:30 -10:30 MOBILITY & STRETCH Udesh	10:30-11:30 tone Mike
10:40 -11:40 YOGA Simone	09:35-10:35 BAUCH RÜCKEN MIX Alex	10:40 -11:40 YOGA Simone	09:30-10:30 PILATES Nicole	10:30-11:30 PILATES Paulina	10:30 -11:30 FULL BODY WORKOUT Udesh	11:30-12:30 LesMILLS BODYPUMP Mike
	10:45-11:45 DANCE Judy				11:30 -12:30 BODY&MIND Udesh	12:45 - 13:45 CYCLING Mike
18:00 -19:00 Yoga Kati	18:00-19:30 BODY TUNING Astrid					
19:00-19:45 OUTDOOR FUNCTIONAL TRAINING Timo	19:00-19:45 OUTDOOR FUNCTIONAL TRAINING Timo	18:05-18:35 LesMILLS CORE Steffi	18:30 - 19:30 FATBURNER Mike	17:30 -18:30 LesMILLS BODYPUMP Steffi Viel		
19:30- 20:30 TAE BO Pascal	19:40-20:40 LesMILLS BODYPUMP Lorenzo	18:45- 19:45 LesMILLS BODYBALANCE Steffi	19:30 -20:00 LesMILLS CORE Mike	18:35 -19:35 LesMILLS BODYBALANCE Steffi		
	20:45-21:30 CYCLING Lorenzo	20:00 -21:00 ZUMBA Beatriz	20:00-21:00 LesMILLS BODYPUMP Mike			

TV Cannstatt 1846 e.V.