KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00–10:00 Cycling	9:15–10:30 Yoga	9:00–10:00 Rücken Fit	09:30–10:00 Koordinations-training	9:15–10:15 Five Gymnastik		
9:30–10:15 Kinesis	9:30–10:15 Kinesis	10:00–10:45 Pilates	10:00–10:45 Rücken Fit	9:30–10:15 Kinesis		
10:15–11:15 Best Age	10:30–11:30 Bodytoning		10:45–11:15 Stretch & Relax	10:15–11:00 Bodytoning		10:30–11:30 Pilates
	11:30–12:00 Stretch & Relax					11:30–12:30 Langhantel
	18:00–18:30 Core Workout	17:15–18:00 Rücken Fit	17:30–18:15 Bodytoning		15:00–16:00 CROSSWORX CLUB® Athletic	
17:45–18:45 Bodytoning	18:30–19:30 Langhantel	18:00–18:45 Step	18:00–19:00 CROSSWORX CLUB® Athletic	17:15–17:45 Core Workout	15:00–16:00 CROSSWORX CLUB® Athletic	
18:00–19:00 Cycling	18:30–19:15 Kinesis	18:00–19:00 Cycling	18:15–19:00 Yoga	18:00–19:00 Cycling		
19:00–20:00 Yogalates	18:45–19:45 CROSSWORX CLUB® Athletic	18:45–19:15 Dance Workout	19:00–20:00 Cycling	18:00–19:00 Langhantel		
	19:45–20:45 Cycling	19:15–20:30 Yoga	19:00–19:45 Jumping			

MEDIFITSTUDIO
FITNESS & GESUNDHEIT

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Stand: Oktober 2026. Änderungen vorbehalten.