

# Kursplan Fitness- und Gesundheitscenter Legefeld ab 06.01.2025

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Morgenkurse	09.15 - 09.50 Premiumgym		09.15 - 09.50 Premiumgym		09.15 - 09.45 Fle-xx-Stretching		
	10.00 - 10.45 Fit am Morgen	10.00 - 10.50 Bauch, Beine, Po	10.00 - 10.50 Rückenfit	10.00 - 10.45 Reha-Sport	10.00 - 10.45 Virtual The Trip Les Mills	10.15 - 11.15 Les Mills Body Balance	
Vormittagskurse	11.00 - 11.45 Reha-Sport	11.00 - 11.45 Reha-Sport				11.30 - 12.15 Les Mills Body Pump	
Nachmittagskurse			16.00 - 16.45 Reha-Sport		15.30 - 16.15 Kinder (6-12 J.) Reha-Sport		
	17.00- 17.45 Jumping	17.00 - 17.45 Reha-Sport	17.00 - 17.40 Les Mills Shapes	17.30 - 18.00 Spinning HIIT			
	18.00 - 18.45 Les Mills Body Pump	18.10 - 19.05 Cardio HIIT	17.50 - 18.45 Les Mills Body Balance	18.05 - 18.50 Les Mills Shapes			
Abendkurse	19.15 - 20.45 Yoga	19.15 - 20.00 Les Mills Core	19.00 - 19.45 Les Mills Body Pump	19.00 - 19.55 Les Mills Body Balance	19.00 - 20.00 Virtual The Trip Les Mills		

