


# Kangarou Sportcenter Kursplan gültig ab 17. November 2016

|  | Montag                     |                             | Dienstag                                  |                             | Mittwoch                     |                            | Donnerstag               |                        | Freitag          |                            | Samstag                      |                              | Sonntag                     |                              |  |
|--|----------------------------|-----------------------------|---|-----------------------------|------------------------------|----------------------------|--------------------------|------------------------|------------------|----------------------------|------------------------------|------------------------------|-----------------------------|------------------------------|--|
|  | Aerobic-<br>raum           | Spinning-<br>raum           | Aerobic-<br>raum                          | Spinning-<br>raum           | Aerobic-<br>raum             | Spinning-<br>raum          | Aerobic-<br>raum         | Spinning-<br>raum      | Aerobic-<br>raum | Spinning-<br>raum          | Aerobic-<br>raum             | Spinning-<br>raum            | Aerobic-<br>raum            | Spinning-<br>raum            |  |
| Ab 09:00   | Body Styling<br>9:30-10:30 |                             |   |                             | 9:30 - 10:30<br>Body Styling |                            |                          |                        |                  |                            |                              |                              |                             |                              |  |
| Ab 10:00   |                            |                             |   |                             |                              |                            |                          |                        |                  |                            |                              |                              |                             |                              |  |
| Ab 11:00   | W.S.G<br>10:45-11:30       |                             |   |                             |                              |                            |                          |                        |                  |                            |                              |                              | Zumba<br>11:00 -<br>12:00   | Spinning<br>11:00 -<br>12:00 |  |
| Ab 12:00   |                            |                             |   |                             |                              |                            |                          |                        |                  |                            | Hot Iron<br>12:00 -<br>13:00 |                              | Spezial<br>12:00 -<br>13:00 |                              |  |
| Ab 13:00   |                            |                             |   |                             |                              |                            |                          |                        |                  | Ballett<br>13:00-<br>17:00 |                              | Spinning<br>13:00 -<br>14:00 |                             |                              |  |
| Ab 14:00   |                            |                             |   |                             |                              |                            |                          |                        |                  |                            |                              |                              |                             |                              |  |
| Ab 15:00   |                            |                             |   |                             |                              |                            |                          |                        |                  |                            |                              |                              |                             |                              |  |
| Ab 16:00   | Ballett<br>16:00-<br>18:15 |                             |   |                             |                              |                            |                          |                        |                  | Spinning<br>15:30          |                              |                              |                             |                              |  |
| Ab 17:00   |                            |                             | Wirbelsäulen-<br>gymnastik<br>17:15-18:00 |                             | Zumba<br>17:30-18:30         | Wirbelsäulen-<br>gymnastik |                          |                        |                  |                            |                              |                              |                             |                              |  |
| Ab 18:00   |                            |                             | Spezial<br>18:00 - 19:00                  |                             | M.A.X<br>18:30-19:00         | 17:45-18:30                |                          | Pilates<br>18:00-19:00 | Bauch<br>Extrem  |                            |                              |                              |                             |                              |  |
| Ab 19:00   | Zumba<br>19:00-<br>20:00   | Spinning<br>19:00-<br>20:00 | Power - Yoga<br>19:00-20:30               | Spinning<br>19:00-<br>20:00 | Hot Iron<br>19:00-20:00      | Taebo<br>19:00-20:00       | Zumba<br>19:00-<br>20:00 | Spinning               |                  |                            |                              |                              |                             |                              |  |
| Ab 20:00   |                            |                             |   |                             |                              |                            |                          |                        |                  | Ballett<br>20:00-21:30     |                              |                              |                             |                              |  |
| Ab 21:00   |                            |                             |   |                             |                              |                            |                          |                        |                  |                            |                              |                              |                             |                              |  |