

# Evolution Fitness Club

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# KURSPLAN



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
9.15 – 10.10 <b>WSG</b>	9.15 – 10.00 <b>REHA SPORT</b>	9.15 – 10.10 <b>BODYPUMP</b>	9.15 – 10.10 <b>WSG</b>	9.15 – 10.10 <b>WSG</b>	10.15 – 11.15 <b>BODYPUMP</b>
10.15 – 11.10 <b>BODYSTYLE</b>	10.15 – 11.10 <b>SENSITIVE CYCLING</b>	10.15 – 11.10 <b>ZUMBA</b>	10.15 – 11.10 <b>STEP &amp; STYLE</b>	10.15 – 11.15 <b>EINSTEIGER CYCLING</b>	11.30 – 12.30 <b>CYCLING</b>
18.00 – 19.00 <b>BODYPUMP</b>	18.00 – 18.55 <b>WSG</b>	18.00 – 18.55 <b>PILATES</b>	18.00 – 18.45 <b>REHA SPORT</b>	18.00 – 19.00 <b>BODYPUMP</b>	
19.15 – 20.15 <b>CYCLING</b>	19.00 – 19.45 <b>ZUMBA</b>	19.00 – 20.00 <b>BODYPUMP</b>	19.00 – 20.00 <b>CYCLING</b>	19.15 – 20.00 <b>ZUMBA</b>	
	20.00 – 21.00 <b>BODYPUMP</b>	20.00 – 20.15 <b>POWER BAUCH</b>			



## Öffnungszeiten

<b>MO bis FR</b>	<b>9° - 22° Uhr</b>
<b>SA</b>	<b>10° - 16° Uhr</b>
<b>SO – und Feiertags</b>	<b>10° - 18° Uhr</b>