

Athena Fitnesspark Kursprogramm Wochenübersicht

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30	-Zumba	-BodyPump					
10:00	Fitness			-Fit +60			
11:00						-Zumba Fitness	-TAEBO Basic
12:15	-Aerobics II Mixed	-Indoor Cycling -Zumba Fitness	-BodyPump	-BodyPump	-Aerobic Session -Indoor Cycling		
18:00	-BodyPump	-BBP/Bauch Beine Po	-Zumba Fitness	-TAEBO I INTRO -Indoor Cycling			
18:30	-Zumba Fitness				-Zumba Fitness		
19:00	-TAEBO Basic	-BodyPump -BodyMind	-Pilates / Basic -TAEBO	-BodyPump -Zumba Fitness	-TAEBO Basic		

Basic