Kursplan Kia Ora Sports Raum 1

Mo	Di	Mi	Do	Fr	Sa	So
09.00-09.45 Les Mills TONE	09.00-09.45 Body Pump	09.00-09.45 Body Balance	09.00-09.45 Body Pump	09.00-09.30 Body Pump	09.45-10.15 Grit Strength	09.30-10.15 Body Pump
		10.00-10.30 Les Mills CORE		09.30-10.00 Body Step	10.30 -11.15 Combat	10.30-11.15 Balance o. Yoga
				10.00-10.30 Body Balance		
16.30-17.00 Grit Strength						
17.10-17.55 Rücken Fit	17.00-17.45 Body Balance	17.30-18.00 Sh´bam	17.30-18.00 Body Step			
18.00-18.45 Body Pump	18.00-18.45 Body Combat	18.15-18.45 Body Pump	18.15-19.00 Les Mills TONE	16.00-16.45 Body Pump	16.00-16.45 Body Pump	
19.00-19.45 Body Step	19.00-19.45 Body Pump	19.00-19.45 Body Attack	19.15-20.00 Body Pump	17.00-17.45 Body Balance	17.00-17.30 Les Mills CORE	
20.00-21.00 Body Balance	20.00-20.30 Les Mills CORE		20.15-21.15 YOGA			

Kursplan Kia Ora Sports Raum 2

Mo	Di	Mi	Do	Fr	Sa	So
			09.00-09.45 Rücken Fit			

Kursplan Kia Ora Sports Raum 3 Cycle

Mo	Di	Mi	Do	Fr	Sa	So
08.15-09.00 The TRIP Virtuell						
09.00-09.45 The TRIP Virtuell		09.00-09.45 The TRIP	10.00-10.45 The TRIP Virtuell	09.30-10.15 The TRIP Virtuell		09.45-10.30 The TRIP Virtuell
				16.15-17.00 THE TRIP Virtuell	16.15-17.00 THE TRIP Virtuell	
	17.30-18.15 THE TRIP Virtuell					
			18.30-19.15 THE TRIP			
19.00-19.45 THE TRIP		19.00-19.45 RPM				