

# KURSPLAN FUNCTIONAL 24/7

gültig ab 08.01.2024

**MO**                      **DI**                      **MI**                      **DO**                      **FR**                      **SO**

08:00 RückenFit  
09:00 (Yogafabrik)

09:00 RückenFit  
10:00 (Yogafabrik)

09:00 CardioFit  
09:45

09:15 InBalance  
09:45

10:15 Faszien-Yoga  
11:15 (Yogafabrik)

10:00 RückenFit  
10:45

10:00 Yoga  
11:00

10:00 CardioFit  
10:30

11:00 Power  
11:30 Bauch

16:30 Core & Shape  
17:15

11:30 Power  
12:15 Arme

17:30 RückenFit  
18:30 (Yogafabrik)

17:00 Core &  
17:45 Shape

17:00 RückenYoga  
18:00 (Yogafabrik)

18:40 Faszien-  
19:15 Fitness

18:00 Power  
18:45 Arme/Schulter

18:00 RückenFit  
19:00

18:00 Langhantel  
18:45 Workout

18:45 Nordic  
20:15 Walking

19:15 CardioFit  
20:15

19:00 Faszien-  
19:30 Fitness

19:15  
20:15 CardioFit

**functional**  
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