

# KURSPLAN FUNCTIONAL 24/7

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

08:00 RückenFit  
09:00 (Yogafabrik)

09:15 RückenFit  
10:15 (Yogafabrik)

09:00 CardioFit  
09:45

09:15 InBalance  
09:45

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

10:00 RückenFit      10:00 Yoga  
10:45 (Zirkel-Training)      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 RückenYoga  
18:00 (Yogafabrik)

18:40 Faszien-  
19:15 Fitness

18:00 Power  
18:45 Arme/Schulter

18:15 Langhantel  
19:00 Workout

18:45 Nordic  
20:15 Walking

19:15 CardioFit  
20:15

19:15 CardioFit  
20:15

19:30 Power  
20:00 Bauch

**functional**  
24/7