

Kursplan | TopFit Heidenheim/Giengen

GRAU = VIRTUELLE KURSE
 FARBIG = KURSE MIT TRAINER
 1 = Kursraum Heidenheim
 2 = Kursraum Giengen

Anfangszeit: 6:00 Zeitintervall: 30 (in Minuten)

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
6:00	BBP ^{1,2}	DANCE 01 ^{1,2}	RÜCKEN FIT ^{1,2}	CORE WORK ^{1,2}	CYBER PUMP ^{1,2}		
6:30	CORE WORK ^{1,2}	DANCE 01 ^{1,2}	BODY WORKOUT ^{1,2}	FAT ATTACK ^{1,2}	FAT ATTACK ^{1,2}		
7:00	FAT ATTACK ^{1,2}	KAMI BO ^{1,2}	CYBER PUMP ^{1,2}	PILATES ^{1,2}	DANCE 02 ^{1,2}		
7:30	COMBAT ^{1,2}	BBP ^{1,2}	DANCE 02 ^{1,2}	COMBAT ^{1,2}	KAMI BO ^{1,2}		
8:00	PILATES ^{1,2}	CORE WORK ^{1,2}	KAMI BO ^{1,2}	RÜCKEN FIT ^{1,2}	KAMI BO ^{1,2}		
8:30	RÜCKEN FIT ^{1,2}	FAT ATTACK ^{1,2}	KAMI BO ^{1,2}	BODY WORKOUT ^{1,2}	BBP ^{1,2}		
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00	BODY WORKOUT ^{1,2}	COMBAT ^{1,2}	BBP ^{1,2}	CYBER PUMP ^{1,2}	CORE WORK ^{1,2}	FAT ATTACK ^{1,2}	CYBER PUMP ^{1,2}
12:30	CYBER PUMP ^{1,2}	PILATES ^{1,2}	CORE WORK ^{1,2}	DANCE 03 ^{1,2}	COMBAT ^{1,2}	BBP ^{1,2}	DANCE 03 ^{1,2}
13:00	CYBER PUMP ^{1,2}	RÜCKEN FIT ^{1,2}	FAT ATTACK ^{1,2}	KAMI BO ^{1,2}	PILATES ^{1,2}	BODY WORKOUT ^{1,2}	KAMI BO ^{1,2}
13:30	DANCE 01 ^{1,2}	BODY WORKOUT ^{1,2}	COMBAT ^{1,2}	BBP ^{1,2}	RÜCKEN FIT ^{1,2}	CYBER PUMP ^{1,2}	BBP ^{1,2}
14:00	KAMI BO ^{1,2}	CYBER PUMP ^{1,2}	PILATES ^{1,2}	CORE WORK ^{1,2}	BODY WORKOUT ^{1,2}	COMBAT ^{1,2}	CORE WORK ^{1,2}
14:30	BBP ^{1,2}	DANCE 01 ^{1,2}	RÜCKEN FIT ^{1,2}	FAT ATTACK ^{1,2}	CYBER PUMP ^{1,2}	CORE WORK ^{1,2}	FAT ATTACK ^{1,2}
15:00	CORE WORK ^{1,2}	DANCE 01 ^{1,2}	BODY WORKOUT ^{1,2}	COMBAT ^{1,2}	FAT ATTACK ^{1,2}	KAMI BO ^{1,2}	STEP ¹
15:30	FAT ATTACK ^{1,2}	KAMI BO ^{1,2}	CYBER PUMP ^{1,2}	PILATES ^{1,2}	DANCE 02 ^{1,2}	RÜCKEN FIT ^{1,2}	
16:00	COMBAT ^{1,2}	BBP ^{1,2}	DANCE 02 ^{1,2}	RÜCKEN FIT ^{1,2}	KAMI BO ^{1,2}	PILATES ^{1,2}	ZUMBA ¹
16:30	PILATES ^{1,2}	CORE WORK ^{1,2}	KAMI BO ^{1,2}	BODY WORKOUT ^{1,2}	KAMI BO ^{1,2}	DANCE 01 ^{1,2}	
17:00						FAT ATTACK ^{1,2}	RÜCKEN FIT ^{1,2}
17:30						BBP ^{1,2}	PILATES ^{1,2}
18:00	ZUMBA ²			ZUMBA ¹		BODY WORKOUT ^{1,2}	DANCE 03 ^{1,2}
18:30			RIP ²				CYBER PUMP ^{1,2}
19:00	PILOXING ²	JUMPING ¹		PILOXING ¹	RIP ²	CYBER PUMP ^{1,2}	BBP ^{1,2}
19:30						RÜCKEN FIT ²	
20:00	RIP ²	BAUCH INTENSIV ¹		JUMPING ¹	BAUCH INTENSIV ²	CORE WORK ^{1,2}	CYBER PUMP ^{1,2}
20:30			PILATES ²				KAMI BO ^{1,2}
21:00							
21:30	RÜCKEN FIT ^{1,2}	FAT ATTACK ^{1,2}	BBP ^{1,2}	CYBER PUMP ^{1,2}	BBP ^{1,2}		
22:00	BODY WORKOUT ^{1,2}	COMBAT ^{1,2}	CORE WORK ^{1,2}	CYBER PUMP ^{1,2}	CORE WORK ^{1,2}		
22:30	CYBER PUMP ^{1,2}	PILATES ^{1,2}	FAT ATTACK ^{1,2}	DANCE 03 ^{1,2}	COMBAT ^{1,2}		
23:00	CYBER PUMP ^{1,2}	RÜCKEN FIT ^{1,2}	COMBAT ^{1,2}	KAMI BO ^{1,2}	PILATES ^{1,2}		
23:30	STRETCHING ^{1,2}	STRETCHING ^{1,2}	STRETCHING ^{1,2}	STRETCHING ^{1,2}	STRETCHING ^{1,2}		
0:00							