

# KURSPLAN DITZINGEN

gültig ab 01.11.2024

**POINT**  
sports.wellness.club

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
09:00 - 09:50 Wirbelsäule		09:00 - 09:50 BBP		09:00 - 10:00 Pilates
				10:05 - 11:05 Hatha Yoga
	17:00 - 18:00 Vinyasa Yoga			
18:00 - 19:00 <b>LES MILLS BODYCOMBAT</b>	18:10 - 19:00 Bodyforming	18:00 - 19:00 <b>LES MILLS BODYPUMP</b>	18:30 - 19:30 <b>LES MILLS BODYPUMP</b>	18:00 - 19:00 
19:10 - 20:10 <b>LES MILLS BODYPUMP</b>		19:10 - 20:00 Wirbelsäule	19:40 - 20:40 <b>LES MILLS BODYBALANCE</b>	
20:20 - 21:00 Strech & Flex				