

## Gruppenkursplan

| Montag                                               | Dienstag                                   | Mittwoch                                                   | Donnerstag                        | Freitag                           | Samstag                                    |
|------------------------------------------------------|--------------------------------------------|------------------------------------------------------------|-----------------------------------|-----------------------------------|--------------------------------------------|
| 08.30 – 09.30<br><b>SYPOBA® 1</b>                    |                                            |                                                            |                                   | 08.30 – 09.30<br><b>SYPOBA® 1</b> | 09.15 – 10.10<br><b>Rücken &amp; Rumpf</b> |
|                                                      |                                            | 11.00 – 11.55<br><b>Stretch &amp; Mobility</b>             |                                   |                                   |                                            |
| 12.15 – 13.10<br><b>Pilates</b>                      | 12.15 – 13.10<br><b>Pilates</b>            | 12.15 – 13.10<br><b>Pilates</b>                            |                                   | 12.15 – 13.10<br><b>Pilates</b>   |                                            |
| 18.15 – 19.10<br><b>Pump/<br/>Langhanteltraining</b> | 18.15 – 19.10<br><b>Rücken &amp; Rumpf</b> | 18.00 – 19.00<br><b>SYPOBA® 1</b>                          | 18.15 – 19.10<br><b>Yoga</b>      |                                   |                                            |
|                                                      | 19.20 – 20.15<br><b>Yoga</b>               | 19.15 – 20.10<br><b>TRX® &amp;<br/>Functional Training</b> | 19.15 – 20.15<br><b>SYPOBA® 1</b> |                                   |                                            |