

KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
16:50 – 17:50 Open Gym	17:20 – 18:20 Open Gym	16:50 – 17:50 Open Gym		15:50 – 16:50 Open Gym	11:00 – 12:00 Weekender Class
18:00 – 19:00 Gymnastics	18:30 – 19:30 Group Workout	18:00 – 19:00 Group Workout	18:30 – 19:30 Group Workout	17:00 – 18:00 Group Workout	
19:15 – 20:15 Group Workout	19:40 – 20:40 Olympic Lifting	19:15 – 20:30 Powerlifting	19:40 – 20:40 Yoga / Open Gym <small>(im Wechsel)</small>	18:15 – 19:00 Mobility	

Anmeldung zu allen Kursen sowie unsere aktuellen Termine unter www.essence-fitness.de