

# Kursplan

23.04.2018 - 29.04.2018

Wellplus  
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Montag 23.04.2018	Dienstag 24.04.2018	Mittwoch 25.04.2018	Donnerstag 26.04.2018	Freitag 27.04.2018	Samstag 28.04.2018	Sonntag 29.04.2018
09:00 - 09:45 LESMILLS Bodyvive	10:00 - 11:00 Pilates	09:00 - 10:00 Spinning	10:00 - 10:55 Yoga	09:00 - 10:00 LESMILLS Bodypump	15:00 - 15:55 LESMILLS Bodypump	10:15 - 11:15 Spinning
09:00 - 10:00 Spinning	11:00 - 11:45 Rücken Funktion-GYM...	09:00 - 09:45 Functionaltraining ...	18:00 - 19:00 Spinning	09:00 - 10:00 Spinning	16:15 - 17:15 Spinning	11:30 - 12:25 LESMILLS Bodypump
09:45 - 10:30 Rücken Funktion-GYM...	17:30 - 18:00 LESMILLS Grit Serie...	10:15 - 10:55 Rücken & BBP	18:30 - 19:25 Rückenfitness	10:15 - 11:00 Rücken & BBP		
17:30 - 18:25 LESMILLS Bodypump	18:00 - 18:55 TRX	17:25 - 17:55 LESMILLS Grit Serie...	19:30 - 20:25 LESMILLS Bodypump	11:00 - 11:45 Rücken Funktion-GYM...		
18:00 - 18:55 TRX	18:15 - 19:10 LESMILLS Bodypump	18:00 - 18:55 Rückenfitness (Reha...		17:00 - 17:30 LESMILLES CXWORX		
19:10 - 19:30 Rücken-Fit	19:15 - 20:15 Spinning	18:15 - 19:15 Functionaltraining ...		17:30 - 18:30 LESMILLS Bodypump		
19:15 - 20:10 Pilates	19:15 - 20:00 LESMILLS SH'BAM	19:00 - 20:00 Yoga		18:30 - 19:30 TRX		
19:30 - 19:45 Power Bauch	20:00 - 20:30 Rücken Fit					
20:00 - 21:00 Spinning	20:30 - 20:45 Bauch muss Weg					

■ Ausdauer    
 ■ Figur    
 ■ Gesundheit    
 ■ Kraft

Stand: 25.04.2018