



# Kursplan Oh! Sports

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	<b>17:45 – 18:15</b>  <i>Body all over</i>  Pascal	<b>17:30 – 18:15</b>  <i>Rücken Präventionskurs</i>  Marco	<b>17:30 – 18:10</b>  Dioline Circle  Carina	<i>Body Performance Bootcamp</i>  Dennis	<b>10:00 – 11:00</b>  <i>Box &amp; Drill</i>  Franzi	<b>09:30 – 10:15</b>  <i>Spinning</i>  Micha
<b>18:00 – 18:45</b>  <i>Body Performance Bootcamp</i>  Dennis	<b>18:30 – 19.15</b>  <i>Yoga</i>  Andrea	<b>18:15 – 19:00</b>  <i>Bauch, Beine, Po</i>  Marco	<b>18:15 – 19:15</b>  <i>Vinyasa Power Yoga</i>  Franzi	<b>18:00 – 18:45</b>  <i>Functional Fitness</i>  Pascal	Fitness ist <b>KOPFSACHE.</b>  	
<b>18:45 – 19:30</b>  <i>Six Pack weeks</i>  Dennis	<b>19:15 – 20:00</b>  <i>Yoga</i>  Andrea	<b>19:15 – 20:00</b>  <i>Cardio Cross</i>  Marco	<b>19:30 – 20:30</b>  <i>Zumba/Move to Dance</i>  Stefania	<b>18:45 – 19:30</b>  <i>Six Pack weeks</i>  Pascal		