









MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	08:00 Pilates* K2	08:00 Pilates* K2				
08:30 ICE K2	08:30 Cross-workout* 		08:30 ICE K2			
	ab 21.4. 09:30 Deep Work K1	09:00 Pilates* K2	09:00 Body-balance K1	09:00 Bodypump K1		
	09:30 Poweryoga* K2		09:00 Cross-workout* 		09:45 ICE K2	
10:00 Pilates* K2						
					11:00 Body-balance K2	11:00 Bodypump K1
				16:30 LM Step K1		
	17:15 Pilates* K2					
	17:30 Bodypump K1	17:30 Bodypump K1	17:30 Poweryoga* K2	17:40 BBP K2		
17:30 ICE K2	17:30 Cross-workout* 	17:30 Body-balance K2	17:30 Cross-workout* 	17:45 Bodypump K1		
18:10 CXWORX K1	18:30 Pilates* K2	18:45 CXWORX K1	18:45 Pilates* K2			
18:45 Body-combat K1	18:45 Sh*bam K1	18:45 ICE K2	18:45 Cross-workout* 			
19:00 Cross-workout* 	18:45 Cross-workout* 	19:00 Cross-workout* 	19:00 Bodypump K1			
19:00 Pilates* K2	19:45 Body-balance K2	19:20 Body-combat K1				
20:00 Poweryoga* K1	19:45 Body-attack K1	20:00 Pilates* K2	20:00 Pilates* K2			
20:00 Pilates* K2						

ICE = Indoor Cycling Les Mills = CXworks, Bodycombat, Sh*bam, Bodybalance, Bodypump, LMI Step, Bodyattack Crossworkout = Functional training BBP = Bauch - Beine - Po

Die Kurse finden ab einer Teilnehmerzahl von 3 Teilnehmern statt. | * Teilnahme nur nach vorheriger Anmeldung K1: Großer Kursraum K2: Kleiner Kursraum  Crosswerk-Area Tel 02553 7275970 | info@fitwerk-ochtrup.de