

# WOMAN KURSPLAN MÄRZ

| Montag     | Dienstag   | Mittwoch   | Donnerstag | Freitag    | Samstag    | Sonntag  |
|------------|--|------------|------------|------------|------------|--|
|            |  |            |            |            |            | <b>1.</b><br>10:00 - 11:00<br>Langhantel Workout<br>11:00 - 12:00<br>Strech & Relax<br>mit Nathalie  |
| <b>2.</b>  | <b>3.</b><br>18:00 - 19:00<br>Bauch Beine Po<br>19:00 - 20:00<br>Strech & Relax<br>mit Nathalie  | <b>4.</b>  | <b>5.</b>  | <b>6.</b>  | <b>7.</b>  | <b>8.</b><br>10:00 - 11:00<br>Langhantel Workout<br>11:00 - 12:00<br>Strech & Relax<br>mit Nathalie  |
| <b>9.</b>  | <b>10.</b><br>18:00 - 19:00<br>Bauch Beine Po<br>19:00 - 20:00<br>Strech & Relax<br>mit Nathalie | <b>11.</b> | <b>12.</b> | <b>13.</b> | <b>14.</b> | <b>15.</b><br>10:00 - 11:00<br>Langhantel Workout<br>11:00 - 12:00<br>Strech & Relax<br>mit Nathalie |
| <b>16.</b> | <b>17.</b><br>18:00 - 19:00<br>Bauch Beine Po<br>19:00 - 20:00<br>Strech & Relax<br>mit Nathalie | <b>18.</b> | <b>19.</b> | <b>20.</b> | <b>21.</b> | <b>22.</b><br>10:00 - 11:00<br>Langhantel Workout<br>11:00 - 12:00<br>Strech & Relax<br>mit Nathalie |
| <b>23.</b> | <b>24.</b>   | <b>25.</b> | <b>26.</b> | <b>27.</b> | <b>28.</b> | <b>29.</b><br>10:00 - 11:00<br>Langhantel Workout<br>11:00 - 12:00<br>Strech & Relax<br>mit Nathalie |
| <b>30.</b> | <b>31.</b><br>18:00 - 19:00<br>Bauch Beine Po<br>19:00 - 20:00<br>Strech & Relax<br>mit Nathalie |            |            |            |            |  |

Alle virtuelle Fitnesskurse sind frei wählbar.