

Power Plate Kursplan 1

Gültig ab: 01.04.2011



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:00-10:20 Powerplate Morning Starter	10:30-10:50 Powerplate Morning Starter	10:30-10:50 Women only	10:30-10:50 Powerplate Morning Starter	10:00-10:20 Powerplate Morning Starter		
10:30-10:50 Kennenlernkurs	11:00-11:20 Kennenlernkurs	11:00-11:20 Women only	11:00-11:20 Muskelburner	10:30-10:50 Personal Power Workout		10:30-10:50 Powerplate Spezial
11:00-11:20 Muskelburner	11:30-12:00 Muskelburner	11:30-12:00 Personal Power Workout	11:30-12:00 Body Workout	11:00-11:20 Kennenlernkurs		11:00-11:20 Powerplate Spezial
11:30-11:20 Kennenlernkurs				11:30-11:50 Women Only		11:30-12:00 Powerplate Spezial
				17:00-17:20 After Work Plate		
18:00-18:20 Body Workout	18:00-18:20 Personal Power Workout	18:00-18:20 Women Only	18:00-18:20 Personal Power Workout	17:30-17:50 Personal Power Workout		
18:30-18:50 Muskel Burner	18:30-18:50 Kennenlernkurs	18:30-18:50 Body Workout	18:30-18:50 Kennenlernkurs	18:00-18:20 Kennenlernkurs		
19:00-19:20 Kennenlernkurs	19:00-19:20 Muskelburner	19:00-19:20 Personal Power Workout	19:00-19:20 Body Workout	18:30-18:50 Muskelburner		
19:30-19:50 Personal Power Workout	19:30-19:50 Body Workout	19:30-19:50 Muskelburner	19:30-19:50 Basic Work Out			
20:00-20:20 Kennenlernkurs	20:00-20:20 Basic Workout	20:00-20:20 Kennenlernkurs	20:00-20:30 Ganzkörpertraining			
20:30-20:50 Basic Workout		20:30-20:50 Kennenlernkurs				

