



Cyber**Moves**

Kursplan, gültig ab 13.04.2018



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	07:00 FatAttack 11 *** Short Cut (26 Min)	07:00 FatAttack 09 ** Short Cut (26 Min)	07:00 TotalBodyWorkout 07 ** Short Cut (26 Min)	07:00 BauchBeinePo 05 *** Short Cut (26 Min)	07:00 FatAttack 05 ** Short Cut (26 Min)	07:00 TotalBodyWorkout 07 ** Short Cut (26 Min)	07:00 FatAttack 11 *** Short Cut (26 Min)	07:00
08:00	07:30 FatAttack 01 *** Short Cut (27 Min)	07:30 FatAttack 10 *** Beginners (41 Min)	07:30 CoreWork 02 ** Short Cut (27 Min)	07:30 BauchBeinePo 06 *** Short Cut (26 Min)	07:30 CoreWork 06 *** Short Cut (26 Min)	07:30 CoreWork 02 ** Short Cut (27 Min)	07:30 FatAttack 09 ** Short Cut (26 Min)	08:00
09:00	09:00 TotalBodyWorkout 07 ** Short Cut (26 Min)			09:00 BauchBeinePo 10 ** Short Cut (26 Min)	09:00 CoreWork 07 ** Short Cut (26 Min)			09:00
10:00		10:00 FatAttack 11 *** Short Cut (26 Min)		09:30 FatAttack 03 ** Short Cut (26 Min)				10:00
11:00		10:30 FatAttack 01 *** Short Cut (27 Min)	10:30 FatAttack 03 ** Short Cut (26 Min)	10:00 FatAttack 10 *** Beginners (41 Min)		10:30 BauchBeinePo 01 ** Short Cut (27 Min)	10:30 RückenFit 03 * Short Cut (26 Min)	11:00
12:00		11:00 Pilates 04 * Short Cut (27 Min)	11:00 CoreWork 03 ** Short Cut (25 Min)			11:00 BauchBeinePo 06 *** Short Cut (26 Min)	11:00 Pilates 03 * Short Cut (27 Min)	11:00
13:00	11:45 FatAttack 09 ** Short Cut (26 Min)	11:30 RückenFit 11 * Short Cut (27 Min)	11:30 TotalBodyWorkout 08 *** Short Cut (26 Min)	11:30 Pilates 02 * Short Cut (26 Min)	11:45 Pilates 01 * Short Cut (27 Min)			12:00
14:00	12:30 FatAttack 11 *** Short Cut (26 Min)	12:30 BauchBeinePo 05 *** Short Cut (26 Min)	12:30 TotalBodyWorkout 07 ** Short Cut (26 Min)	12:30 BauchBeinePo 07 ** Short Cut (26 Min)	12:30 TotalBodyWorkout 06 ** Short Cut (25 Min)			13:00
15:00	13:00 FatAttack 01 *** Short Cut (27 Min)	13:00 BauchBeinePo 07 ** Short Cut (26 Min)	13:00 TotalBodyWorkout 06 ** Short Cut (25 Min)	13:00 BauchBeinePo 09 ** Short Cut (26 Min)	13:00 FatAttack 11 *** Short Cut (26 Min)			14:00
16:00			15:00 TotalBodyWorkout 05 *** Short Cut (26 Min)			14:30 TotalBodyWorkout 02 ** Short Cut (27 Min)	14:30 CoreWork 05 ** Short Cut (26 Min)	15:00
17:00			15:30 TotalBodyWorkout 10 *** Short Cut (26 Min)			15:00 TotalBodyWorkout 01 ** Short Cut (27 Min)	15:00 CoreWork 06 *** Short Cut (26 Min)	16:00
18:00			16:00 BauchBeinePo 06 *** Short Cut (26 Min)					17:00
19:00			16:30 Combat 01 *** Short Cut (27 Min)					18:00
20:00			17:00 FatAttack 11 *** Short Cut (26 Min)					19:00
21:00	20:30 FatAttack 11 *** Short Cut (26 Min)			20:30 FatAttack 11 *** Short Cut (26 Min)	20:30 Combat 02 *** Short Cut (27 Min)			20:00
22:00	21:00 FatAttack 01 *** Short Cut (27 Min)		21:00 FatAttack 10 *** Beginners (41 Min)	21:00 FatAttack 01 *** Short Cut (27 Min)				21:00
23:00	21:30 TotalBodyWorkout 02 ** Short Cut (27 Min)					21:30 TotalBodyWorkout 10 *** Short Cut (26 Min)	21:30 Combat 02 *** Short Cut (27 Min)	22:00

Die CyberMoves Classes sind in 3 Technik-Level unterteilt, die farblich und durch Sternchen (*,** oder ***) gekennzeichnet sind.

Level *: Anfänger/fortgeschrittene Anfänger

Level **: Fortgeschrittene

Level ***: hoher Anspruch auch für Fortgeschrittene



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