SUPERFIT **TEGEL** **KURSPLAN** GÜLTIG AB **01.06.2026**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
SUPERFIT YOGA 09:00 - 10:20	LesMills BODYBALANCE 09:00 - 09:50	LesMills BODYPUMP 09:00 - 09:50	SUPERFIT BAUCH BEINE PO 09:00 - 09:50	SUPERFIT YOGA 07:30 - 08:50	ZUMBA FITNESS ZUMBA 09:00 - 09:50	SUPERFIT BAUCH BEINE PO 09:00 - 09:50
SUPERFIT BAUCH BEINE PO 10:30 - 11:20	SUPERFIT PILATES 10:00 - 10:50	SUPERFIT RÜCKEN 10:00 - 10:50	LesMills BODYBALANCE 10:00 - 10:50	SUPERFIT RÜCKEN 09:00 - 09:50	SUPERFIT PILATES 10:00 - 10:50	LesMills BODYBALANCE 10:00 - 10:50
SUPERFIT RÜCKEN 11:30 - 12:20	SUPERFIT RÜCKEN 11:00 - 11:50	SUPERFIT YOGA 11:00 - 12:20		SUPERFIT BAUCH BEINE PO 10:00 - 10:50	LesMills BODYPUMP 11:00 - 11:50	SUPERFIT PILATES 11:00 - 11:50
				LesMills DANCE 11:00 - 11:50		
				LesMills BODYPUMP HEAVY 12:00 - 12:50	LesMills BODYBALANCE 12:00 - 12:50	SUPERFIT YOGA 12:00 - 13:20
						LesMills BODYBALANCE 14:00 - 14:50
	LesMills BODYBALANCE 16:00 - 16:50					SUPERFIT BAUCH BEINE PO 15:00 - 15:50
LesMills BODYPUMP 16:30 - 17:20	LesMills BODYPUMP 17:00 - 17:50		LesMills BODYPUMP 16:30 - 17:20	LesMills BODYATTACK 16:00 - 16:50		LesMills BODYATTACK 16:00 - 16:50
SUPERFIT BAUCH EXPRESS 17:30 -17:50	LesMills BODYCOMBAT 18:00 - 18:50	LesMills BODYATTACK 17:00 - 17:50	LesMills BODYBALANCE 17:30 - 18:20	POUND® ROCKOUT WORKOUT 17:00 - 17:50	LesMills BODYPUMP HEAVY 17:00 - 17:50	LesMills BODYPUMP 17:00 - 17:50
LesMills BODYATTACK 18:00 - 18:50	LesMills DANCE 19:00 - 19:50	LesMills BODYPUMP 18:00 - 18:50	SUPERFIT BAUCH EXPRESS 18:30 - 18:50	SUPERFIT BAUCH BEINE PO 18:00 - 18:50	LesMills BODYATTACK 18:00 - 18:50	
ZUMBA FITNESS ZUMBA 19:00 - 19:50	LesMills BODYATTACK 20:00 - 20:50	ZUMBA FITNESS ZUMBA 19:00 - 19:50	LesMills BODYATTACK 19:00 - 19:50	LesMills BODYPUMP 19:00 - 19:50		
LesMills BODYPUMP 20:00 - 20:50	LesMills BODYPUMP 21:00 - 21:45	SUPERFIT BAUCH BEINE PO 20:00 - 20:50	LesMills BODYPUMP 20:00 - 20:50			