

# KURSPLAN

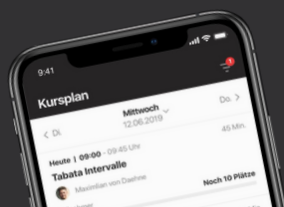
*Niersen*

● 30 min. ● 45 min. ● 60 min.

**EASV** FITNESS.club

|       | Montag       | Dienstag  | Mittwoch                   | Donnerstag  | Freitag         | Samstag   | Sonntag        |
|-------|--------------|-----------|----------------------------|-------------|-----------------|-----------|----------------|
| 09:00 |              |           |                            |             |                 |           |                |
| 10:00 | Langhantel ● |           | Rückenfit ●                |             |                 | BANDIXX ● |                |
| 11:00 |              |           | HYROX ●                    |             |                 | Yoga ●    | Fitnessboxen ● |
| 12:00 |              |           |                            |             |                 | Zumba ●   |                |
| -     |              |           |                            |             |                 |           |                |
| -     |              |           |                            |             |                 |           |                |
| 17:00 | BBP ●        |           |                            | Rückenfit ● |                 |           |                |
| 18:00 | Rückenfit ●  | BANDIXX ● | Spinning ●                 | HYROX ●     | Spinning ●      |           |                |
| 19:00 | Jumping ●    | Yoga ●    | Spinning ●                 |             | Jumping light ● |           |                |
| 20:00 |              |           | Jumping X Shaddow Boxing ● | Zumba ●     |                 |           |                |

\* Änderungen vorbehalten



► Kurse buchen direkt über die  
**EF Digital & MySports App**



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