

# Kursplan

(letzte Änderung: 01.10.2020)

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Sonntag	
9:30 - 10:25 <b>Body Styling</b> <i>Level: alle</i>				9:30 - 10:25 <b>Bauch &amp; Rücken- Workout</b> <i>Level: alle</i>							
		10:00 - 10:55 <b>Jumping Fitness®</b> <i>Level: alle</i>	10:00 - 10:55 <b>Wirbelsäulen- gymnastik</b> <i>Level: alle</i>			10:00 - 10:55 <b>Fatburner Step</b> <i>Level: E/M</i>		10:00 - 10:55 <b>Body Styling Intervall</b> <i>Level: alle</i>			
				<i>Fitness-Studio Well-Come</i>						11:00 - 11:55 <b>Step Aerobic</b> <i>Level: M/F</i>	
										12:00 - 12:55 <b>Body Styling</b> <i>Level: alle</i>	
17:00 - 17:55 <b>Wirbelsäulengymnastik</b> <i>Level: alle</i>				17:00 - 17:55 <b>Step Aerobic</b> <i>Level: F</i>				17:00 - 17:55 <b>Bauch &amp; Rücken-Workout</b> <i>Level: alle</i>			
18:00 - 18:55 <b>Body Styling</b> <i>Level: alle</i>	18:00 - 18:55 <b>Medical Jump</b> <i>Level: alle</i>	18:00 - 18:55 <b>Dance &amp; Tone</b> <i>Level: alle</i>		18:00 - 18:55 <b>Body Styling</b> <i>Level: alle</i>		18:00 - 18:55 <b>Power Rücken</b> <i>Level: alle</i>	18:00 - 18:55 <b>TRX®</b> <i>Level: alle</i>	18:00 - 18:55 <b>Step &amp; Tone</b> <i>Level: E/M</i>	18:00 - 18:55 <b>Medical Jump</b> <i>Level: alle</i>		
19:00 - 19:55 <b>Indoor Cycling</b> <i>Level: alle</i>	19:00 - 19:55 <b>TRX®</b> <i>Level: alle</i>	19:00 - 19:55 <b>Jumping meets TRX®</b> <i>Level: alle</i>		19:00 - 19:55 <b>Jumping Fitness®</b> <i>Level: alle</i>	19:00 - 19:55 <b>Yoga</b> <i>Level: alle</i>	19:00 - 19:55 <b>Jumping Fitness®</b> <i>Level: alle</i>	19:00 - 19:55 <b>Indoor Cycling</b> <i>Level: alle</i>				

Fitness-Studio Well-Come, Cornelia Adamek, Frielingsdorfweg 17, 45239 Essen, Tel.: (0201) 45 55 33 2, [www.well-come-essen.de](http://www.well-come-essen.de)

Öffnungszeiten: Mo.-Do.: 9:00 - 12:00 und 15:30 - 21:00 Uhr, Fr.: 9:00 - 12:00 und 15:30 - 20:00 Uhr, So.: 10:00 - 14:00 Uhr