



# Kursplan

## Moniques Fitness Training

| <u>Montag</u>                                                                                                                                                 | <u>Dienstag</u>                                                                                                                                              | <u>Mitwoch</u>                                                                                                                                               | <u>Donnerstag</u>                                                                                                                                             | <u>Freitag</u>                                                                                                         | <u>Samstag</u>                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| <b><u>9:00-10:00 Uhr</u></b><br><b><u>Full Body/Fitbox/</u></b><br><b><u>Intervall/Mobility</u></b><br><b><u>Pilates</u></b><br>(im wöchentlichen Wechsel)    |                                                                                                                                                              | <b><u>6:30-7:30 Uhr</u></b><br><b><u>Full Body</u></b><br><b><u>Pilates</u></b><br>(hier bleibt es Full Body Pilates)                                        |                                                                                                                                                               | <b><u>9:00-10:00 Uhr</u></b><br><b><u>Full Body</u></b><br><b><u>Pilates</u></b><br>(hier bleibt es Full Body Pilates) | <b><u>9:30-10:30 Uhr</u></b><br><b><u>Full Body</u></b><br><b><u>Pilates</u></b><br>(hier bleibt es Full Body Pilates) |
|                                                                                                                                                               |                                                                                                                                                              |                                                                                                                                                              |                                                                                                                                                               |                                                                                                                        | 1x im Monat ein Special                                                                                                |
|                                                                                                                                                               |                                                                                                                                                              |                                                                                                                                                              |                                                                                                                                                               |                                                                                                                        |                                                                                                                        |
|                                                                                                                                                               |                                                                                                                                                              |                                                                                                                                                              |                                                                                                                                                               |                                                                                                                        |                                                                                                                        |
| <b><u>18:15-19:15 Uhr</u></b><br><b><u>Full Body/Fitbox/</u></b><br><b><u>Intervall/</u></b><br><b><u>Mobility Pilates</u></b><br>im wöchentlichen Wechsel)   | <b><u>18:15-19:15 Uhr</u></b><br><b><u>Full Body/Fitbox/</u></b><br><b><u>Intervall/</u></b><br><b><u>Mobility Pilates</u></b><br>(im wöchentlichen Wechsel) | <b><u>18:15-19:15 Uhr</u></b><br><b><u>Full Body/Fitbox/</u></b><br><b><u>Intervall/</u></b><br><b><u>Mobility Pilates</u></b><br>(im wöchentlichen Wechsel) | <b><u>18:15-19:15 Uhr</u></b><br><b><u>Full Body/Fitbox/</u></b><br><b><u>Intervall/</u></b><br><b><u>Mobility Pilates</u></b><br>( im wöchentlichen Wechsel) |                                                                                                                        |                                                                                                                        |
| <b><u>19:30-20:30 Uhr</u></b><br><b><u>Full Body/Fitbox/</u></b><br><b><u>Intervall/</u></b><br><b><u>Mobility Pilates</u></b><br>( im wöchentlichen Wechsel) | <b><u>19:30-20:30 Uhr</u></b><br><b><u>Full Body/Fitbox/</u></b><br><b><u>Intervall/</u></b><br><b><u>Mobility Pilates</u></b><br>(im wöchentlichen Wechsel) | <b><u>19:30-20:30Uhr</u></b><br><b><u>Full Body/Fitbox/</u></b><br><b><u>Intervall/</u></b><br><b><u>Mobility Pilates</u></b><br>( im wöchentlichen Wechsel) | <b><u>19:30-20:30 Uhr</u></b><br><b><u>Full Body/Fitbox/</u></b><br><b><u>Intervall/</u></b><br><b><u>Mobility Pilates</u></b><br>im wöchentlichen Wechsel)   |                                                                                                                        |                                                                                                                        |

Weitere Infos unter :  
[www.moniques-fitness-training.de](http://www.moniques-fitness-training.de)