

# BODY ACTION WOCHENPLAN

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
06:00	BODY FIT	CBT	PILATES	HIT	POWER WORKOUT	BODY FIT
07:00	CBT	POWER WORKOUT	BODY FIT	MIND BODY SOUL SESSION	HIT	SHAKE IT
08:00	BODY STYLING		MEDITATION			
09:00		(8:30) BODY FIT		(8:30) CBT		
10:00	SUPER MAMA FITNESS		SUPER MAMA FITNESS		SUPER MAMA FITNESS	JUMPING
11:00	ZUMBA		JUMPING		ZUMBA	
12:00						
13:00						
14:00						
15:00						
16:00						
17:00						
18:00	JUMPING					
19:00	JUMPING					
20:00						
21:00	ZUMBA		(20:30) JUMPING			

