

# AEROBIC

## SOMMERFERIENPLAN 2018

**DO 26. JULI BIS SO 9. SEPTEMBER 2018**

Mo		17:15 - 18:10		Pilates		SSC-STUDIO/AEROBIC-RAUM
Mo		18:15 - 19:10		Aerobic/Zumba		SSC-STUDIO/AEROBIC-RAUM
Mo		19:15 - 20:10		Pumping Fit		SSC-STUDIO/AEROBIC-RAUM
Di		18:00 - 18:55		Fatburner		SSC-STUDIO/AEROBIC-RAUM
Di		19:00 - 19:55		Step		SSC-STUDIO/AEROBIC-RAUM
Di		20:00 - 20:55		BBP		SSC-STUDIO/AEROBIC-RAUM
Mi		18:00 - 18:55		Step Einsteiger		SSC-STUDIO/AEROBIC-RAUM
Mi		19:00 - 19:55		BBP		SSC-STUDIO/AEROBIC-RAUM
Mi		19:00 - 19:55		Rückenfit		SSC-ZENTRUM/SAAL
Do		18:30 - 19:25		PowerMix		SSC-STUDIO/AEROBIC-RAUM
Do		19:30 - 20:25		deep work		SSC-STUDIO/AEROBIC-RAUM
Fr		08:45 - 09:45		Rückenfit		SSC-STUDIO/AEROBIC-RAUM
Fr		17:00 - 17:55		BBP		SSC-STUDIO/AEROBIC-RAUM
Fr		18:00 - 18:55		Zumba		SSC-ZENTRUM/SAAL
Sa		10:00 - 11:00		Bodystyling		SSC-STUDIO/AEROBIC-RAUM
So		10:00 - 10:55		Pumping Fit		SSC-STUDIO/AEROBIC-RAUM
So		11:00 - 11:30		Bauch/Rücken		SSC-STUDIO/AEROBIC-RAUM

[ssc-karlsruhe.de](http://ssc-karlsruhe.de)

### SSC Karlsruhe

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### Bürosprechzeiten:

Mo-Fr 10:00-12:00 + 15:00-17:00

Di 10:00-12:00 + 15:00-19:00

