

# AEROBIC

## SOMMERFERIENPLAN 2019

**MO 29. JULI BIS DI 10. SEPTEMBER 2019**

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

