

DEIN CLASSX[®] KURSPLAN

	MO	DI	MI	DO	FR	SA	SO
MORGEN	08.15 - 08.30 RelaX						
	09.30 - 10.15 BodyX	09.30 - 10.15 X-Life	09.45 - 10.15 BasiX	09.30 - 10.15 FatburnX	09.30 - 10.15 YogilatiX	10.00 - 10.45 BodyX	10.15 - 10.45 HiX
	10.30 - 11.15 X-Step	10.30 - 11.15 FatburnX	10.30 - 11.15 BodyX	10.30 - 11.00 BasiX		11.00 - 11.50 Tour de X	11.00 - 11.45 FatburnX
MITTAG			13.00 - 13.20 RelaX			12.00 - 12.30 BasiX	12.00 - 12.45 YogilatiX
NACHMITTAG / ABEND				17.15 - 18.00 X-Step	16.00 - 16.45 X-Life		
	17.00 - 17.45 BodyX	17.15 - 17.45 BootyX	17.00 - 17.45 BodyX	18.15 - 18.45 BootyX	17.00 - 17.45 FatburnX		
	18.00 - 18.50 Tour de X	18.00 - 18.45 BodyX	18.00 - 18.45 FatburnX	19.00 - 19.45 Xamba	18.00 - 18.45 CardioBoX		18.00 - 18.30 RelaX
	19.00 - 19.45 FatburnX	19.00 - 19.45 X-Step	19.00 - 19.45 CardioBoX	20.00 - 20.45 YogilatiX	19.00 - 19.30 HiX		
	20.00 - 20.45 YogilatiX	20.00 - 20.45 Xamba	20.00 - 20.50 Tour de X	20.55 - 21.15 RelaX	19.45 - 20.15 BasiX		