



MONTAG
09:00 – 10:00
Faszien und
Rücken

DIENSTAG

MITTWOCH
08:15 – 09:15
Zumba Mix

DONNERSTAG

FREITAG
09:00 – 10:00
Bodyworkout

09:30 – 10:45
Hebamme

15:15 – 16:00
Kids Club /
Parkour

16:30 – 17:30
Fitness für
Schwangere

16:00 – 16:45
Jumping Kids

17:00 – 18:00
Jumping Fitness

18:00 – 19:00
Bodyworkout

18:00 – 19:00
Power Workout

18:00 – 19:00
Jumping Fitness

17:45 – 19:00
Zumba Step

18:00 – 19:00
Bodyworkout

19:00 – 20:00
Jumping Fitness

19:00 – 20:00
Indoor Cycling

19:00 – 20:00
YOU-Fit

19:00 – 20:00
Langhantel

19:00 – 20:00
Indoor Cycling

FIT DURCH DIE WOCHE