

KURSPLAN

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

09:00 - 10:00
FASZIEN UND
RÜCKEN

08:15 - 09:15
ZUMBA-MIX

09:30 - 10:45
HEBAMME

09:00 - 10:00
BODY & HEALTH

10:00 - 11:00
ZUMBA

16:00 - 16:45
JUMPING KIDS

17:00 - 18:00
JUMPING FITNESS

18:00 - 19:00
BODY WORKOUT

18:00 - 19:00
POWER WORKOUT/
LANGHANTEL
14-TÄGIG IM WECHSEL

18:00 - 19:00
LANGHANTEL/
BODY WORKOUT

17:45 - 18:45
ZUMBA STEP

18:00 - 19:00
RÜCKENFIT

19:00 - 20:00
JUMPING FITNESS

19:00 - 20:00
INDOOR CYCLING

19:00 - 20:00
JUMPING FITNESS

19:15 - 20:15
HATHA YOGA

19:00 - 20:00
INDOOR CYCLING

