

KURSPLAN

GÜLTIG AB DEM 23.11.2022



MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SA.	
R1	R2	FL.	R1	R2	FL.	R1	R2	FL.	R1	R2	FL.	R1	R2	FL.	R1	R2
								9:00 ZIRKEL						9:00 STUHL GYM		15:00 HOT IRON
	10:00 RÜCKEN FIT			10:00 BODY SCULPT			10:00 FASZIEN TRAINING			10:00 CYCLING WORKOUT		10:00 BODY SCULPT	10:00 RÜCKEN FIT			16:00 BODY SCULPT
	17:00 RÜCKEN FIT		16:00 CYCLING	17:00 YOGA			17:00 DEEP WORK	17:00 CALIS- THENICS				17:00 ZUMBA			SO.	
	18:00 BODY SCULPT	18:00 CYCLING	18:00 PUMP IT UP	18:00 RÜCKEN FIT	18:00 BOOTY	18:00 CYCLING	18:00 ZUMBA		18:00 CYCLING	18:00 RÜCKEN FIT	18:00 INTERVALL TRAINING	18:00 CYCLING	18:00 BODY SCULPT			11:00 YOGA
19:00 ZUMBA	19:00 INTERVALL TRAINING		19:00 BOX FITNESS		18:30 CORE		19:00 YOGA	19:00 CALIS- THENICS	19:00 KRAV MAGA	19:00 YOGA				12:00 CYCLING	12:00 BODY SCULPT	

KURSE FINDEN AB 5 TEILNEHMERN STATT
AKTUELLE INFORMATIONEN ERHÄLST DU IN UNSERER APP

