

Kursplan

Montag

Dienstag

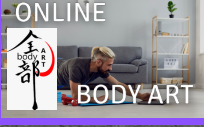
Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

09:30-10:30  FIT MIX Simone	09:00-09:30  RÜCKEN FIT Alex	09:30-10:30  RÜCKEN FIT Simone	09:00-09:30  BAUCH & STRETCH Nicole	09:30-10:30  RÜCKEN FIT Erwin		10:30-11:30  tone Mike
10:40-11:40  YOGA Simone	09:35-10:35  BAUCH RÜCKEN MIX Alex	10:40-11:40  YOGA Simone	09:30-10:30  PILATES Nicole	10:45-11:45  TAI CHI Erwin	11:30-12:30  ONLINE BODY ART Nadine	11:30-12:30  LES MILLS BODYPUMP Mike
18:00-19:00  ONLINE BODY ART Carmen	10:45-11:45  DANCE Judy		9:30-10:30  ONLINE YOGA Simone			
17:30-18:30  Yoga Jasmin	18:00-19:30  BODY TUNING Astrid	18:30-19:30  ONLINE LES MILLS BODYBALANCE Nadine				
18:30-19:30  DEEP WORK Dagi	19:40-20:40  LES MILLS BODYPUMP Lorenzo		19:00-20:00  FATBURNER Anna	17:00-18:00  tone Christina		
19:00-20:00  OUTDOOR FUNCTIONAL TRAINING Timo	19:00-20:00  OUTDOOR FUNCTIONAL TRAINING MO	18:45-19:45  LES MILLS BODYBALANCE Steffi	19:00-20:00  OUTDOOR FUNCTIONAL TRAINING Marcel	18:00-19:00  LES MILLS BODYBALANCE Christina		
19:30-20:30  TAE BO Pascal	20:45-21:30  CYCLING Lorenzo	20:00-21:00  ZUMBA Angy	20:00-21:00  LES MILLS BODYPUMP Johannes			



Power



Functional



Ausdauer



Balance



Online Kurse