

Kursplan

Ab 02.12.2024

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:15-09:15 HIT Yoga		08:15-09:15 HIT Yoga	08:15-09:15 HIT Yoga		08:15-09:15 HIT Yoga	
09:15-10:15 Lady Pump	09:15-09:45 Jumping	09:15-10:15 Rückenfit	09:10-10:10 MAWIBA	09:15-09:45 Jumping	09:15-09:45 Abs & Butt quick	09:15-10:15 Bodynetics
10:20-11:20 Rückenfit	09:55-10:25 Sixpack-Workout	10:25-11:25 Yoga	09:15-10:15 Jumping Intervall	09:55-10:55 Pilates		
				16:00-17:00 Yoga		
	17:30-18:30 Ballet Workout			17:00-18:00 Rückenfit		
18:30-19:15 Sling & Tone	18:30-19:30 Pilates	18:00-19:00 HIIT	18:30-19:30 Functional Workout	18:05-19:05 Jambo Step		
19:15-20:15 Bodystyling		19:10-20:10 Jumping Intervall	19:30-20:30 Zumba			



Fitness für Frauen