

KURSPLAN NOVEMBER

11.11.-30.11.24

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				08:30 - 09:45 YOGA Mobility  Berenice		
10:00 - 10:45 Reha Kurs  Zoe	10:00 - 11:00 Rücken Gymnastik  Herbert	10:00 - 10:45 Reha Kurs  Zoe	10:00 - 11:00 Pilates  Berenice	10:00 - 10:45 Reha Kurs  Zoe	09:00 - 10:00 Weekend special  Im Wechsel	
11:00 - 12:00 YOGA Mobility  Berenice	11:00 - 12:00 YOGA Flow  Berenice	11:00 - 12:00 Rücken YOGA  Berenice	11:00 - 12:00 YOGA Mobility  Berenice			
18:00 - 19:00 Rücken Gymnastik  Martina	17:50 - 18:50 Mobility Move  Sophia		18:45 - 19:30 Power HIIT Training  Zoe			
19:00 - 19:30 Beckenboden Fit  Martina		18:30 - 19:30 Functional Bodystyling  Nicole	19:30 - 20:30 TRX Bodystyling  Nicole			
19:30 - 20:00 Bauch Power  Judith	18:55 - 19:55 Cycling  Wolfgang					
20:00 - 21:00 PUMP  Judith	20:05 - 21:05 World JUMPING  Judith					

In Mitgliedschaft enthalten.

Exklusiv erhältlich.

