

KURSPLAN

01.05. - 31.05.25

MO	DI	MI	DO	FR	SA
08:00 - 09:00 Yogilates  Berenice			10:00 - 11:00 Pilates  Berenice	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	11:00 - 12:15 YOGA Mobility  Berenice	10:00 - 10:45 Reha Kurs  Zoe	09:15 - 10:15 Weekend special  Im Wechsel
11:00 - 12:00 Präventionskurs  Berenice	11:00 - 12:15 YOGA Flow  Berenice	11:00 - 12:00 Rücken YOGA  Berenice			
18:00 - 19:00 Rücken Gymnastik  Martina	17:50 - 18:50 Mobility Move  Sophia		17:00 - 17:45 Reha Kurs 		
19:00 - 19:30 Beckenboden Fit  Martina		18:30 - 19:30 Functional Bodystyling  Nicole	18:00 - 18:45 Thai Chi - Stretching & Mobility  Darius		
19:30 - 20:00 Bauch Power  Judit	18:55 - 19:55 Cycling  Wolfgang		18:45 - 19:30 Power HIIT Training  Darius		
20:00 - 21:00 PUMP  Judit	20:05 - 21:05 World JUMPING  Judit		19:30 - 20:30 TRX Bodystyling  Nicole		

In Mitgliedschaft enthalten

Exklusiv erhältlich.

