

KURSPLAN

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

08:15-09:30
YOGA

09:30-10:30
PHYSIOFIT

18:00-19:00
PILATES

19:10-20:25
YOGA

09:00-10:00
**FUNCTIONAL
MOBILITY**

16:00-17:00
PHYSIOFIT
17:00-17:45
MOBILITY

18:00-19:00
**FUNCTIONAL
ATHLETIC**

19:15-20:00
TRX

08:30-09:30
PILATES

09:30-10:30
**FASZIEN+
STABILITÄT**

18:00-19:15
YOGA

09:00-10:00
**FUNCTIONAL
MOVEMENT**

18:30-19:30
**FUNCTIONAL
MOVEMENT**

08:00-09:00
BODYSTYLE