

KURSPLAN

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

08:15-09:30

YOGA

09:30-10:30

GESUND & FIT

09:00-10:00

FUNCTIONAL

08:30-09:30

PILATES

09:30-10:30

PHYSIOFIT

09:00-10:00

FUNCTIONAL

MOVEMENT

08:00-09:00

BODYSTYLE

17:30-18:15

MOBILITY

17:00-18:00

PILATES

17:00-18:00

Fit durch den Winter

18:00-19:00

PILATES

19:10-20:25

YOGA

mit Jürgen

18:30-19:30

FUNCTIONAL

ATHLETIC

STRETCHING

18:30-19:30

POWER TRAINING