

KURSPLAN

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

08:15-09:30

YOGA

09:30-10:30

GESUND & FIT

08:00-9:00

Fit&Dance

09:15-10:15

FUNCTIONAL MOBILITY

08:30-09:30

PILATES

09:30-10:30

PHYSIOFIT

09:00-10:00

FUNCTIONAL MOVEMENT

08:00-09:00

08:00-09:00

Mind&Move

9:00-10:00

Fit durch den Winter

17:00-18:00

PILATES

18:00-19:00

PILATES

19:10-20:25

YOGA

17:30-18:15

MOBILITY

mit Jürgen

18:30-19:30

FUNCTIONAL ATHLETIC

17:00-18:00

PILATES

18:15-19:30

YOGA

17:30-18:15

STRETCHING

18:30-19:30

POWER TRAINING

17:00-18:00

Fit&Dance