

UNSER KURSPLAN



Gültig ab 16.08.2021

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09.30 - 10.30 Rücken Fit		09.30 - 10.30 Rücken Fit		09.30 - 10.30 Gymnastik
10.30 - 11.15 Pilatis				10.30 - 11.30 Yoga & Stretch
17.50 - 18.10 Bauchkiller				
18.15 - 19.15 Push-It	17.00 - 18.00 Les Mills Core		17.30 - 18.30 Les Mills BodyPump	
19.15 - 20.00 BBP	18.05 - 19.05 Indoor Cycling	18.15 - 19.15 Zumba Fitness	18.30 - 19.30 Yoga & Core	
20.00 - 21.00 Zumba Fitness	19.15 - 20.15 Zumba Step	19.20 - 20.15 Bodyforming	19.30 - 20.30 Zumba Toning	



Movi Fit