

MONTAG

KURSE

MAMAFitness
15.30-16.30

Functional Tower
18.00-18.45

Zumba
19.00-19.55

BauchBeinePo
20.00-20.45

DIENSTAG

KURSE

Yoga
18.00-18.50

Langhantel Workout
19.00-20.00

MITTWOCH

KURSE

Tabata Workout
09.10-09.55

Yoga
10.10-11.00

MAMAFitness
10.00-11.00

Functional Tower
16.10-16.55

Crazy 4
17.10-17.55

Fitness Boxen
18.00-18.50

Yoga
19.00-19.50

DONNERSTAG

KURSE

Step Aerobic
18.00-18.50

Functional Tower
19.15-20.00

FREITAG

KURSE

BauchBeinePo
09.00-09.50

Functional Tower
10.00-10.45

Langhantel (Einsteiger)
16.00-16.55

Functional Tower
17.00-17.45

Yoga
18.00-18.50

Tabata Workout
19.00-19.50

SAMSTAG / SONNTAG

KURSE

SAMSTAG

Full Body Fitness
15.30-16.30

Stretching
16.30-17.00

SONNTAG**EASY-LINE-ZIRKEL**

offener Zirkel
08.00-10.00

Zirkel Workout
19.00-19.55

EASY-LINE-ZIRKEL

Zirkel Workout (soft)
09.00-10.00

Zirkel Workout
18.30-19.30

EASY-LINE-ZIRKEL

offener Zirkel
08.00-10.00

EASY-LINE-ZIRKEL**EASY-LINE-ZIRKEL**

offener Zirkel
08.00-10.00

