



# Gruppenkurse



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

## KURSPLAN ON ZOOM

09:00 – 09:50 <b>Bodyshape</b>	09:00 – 10:00 <b>Pilates</b>	09:30 – 10:30 <b>deepWork</b>	08:00 – 09:00 <b>Pilates /Reha</b>	09:00 – 10:00 <b>Workout</b>	
10:00 – 11:00 <b>Yogilates</b>		10:00 – 11:00 <b>Yoga</b>	08:30 – 09:30 <b>RückenFit</b>	10:45 – 11:45 <b>Zumba</b>	09:15 – 10:15 <b>RückenFit</b>
11:05 – 12:05 <b>Zumba</b>					10:20 – 10:50 <b>Faszien &amp; Relax</b>
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17:55 – 18:55 <b>Rücken Workout</b>	18:00 – 19:00 <b>RückenFit</b>	18:00 – 19:00 <b>Pilates</b>		17:00 – 18:00 <b>RückenFit</b>	
18:00 – 19:00 <b>Yoga</b>	19:30 – 20:30 <b>Insideflow Yoga</b>	19:00 – 20:00 <b>Intervall-Workout</b>		18:00 – 18:55 <b>Tabata</b>	Fit-4-Friends
					Speedfitness

ab 07.06.2021