



Gruppenkurse



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

KURSPLAN ON ZOOM

09:00 – 09:55 Bodyshape	09:00 – 10:00 Pilates	09:30 – 10:30 deepWork	08:00 – 09:00 Pilates /Reha	09:00 – 10:00 Workout	
10:00 – 11:00 Yogilates	09:00 – 10:15 Vinyasa Yoga	10:00 – 11:00 Yoga		10:45 – 11:45 Zumba	09:15 – 10:15 RückenFit
11:05 – 12:05 Zumba					10:20 – 10:50 Faszien & Relax
17:55 – 18:55 Rücken Workout	18:00 – 19:00 RückenFit	18:00 – 19:00 Pilates		17:00 – 18:00 RückenFit	
18:00 – 19:00 BodyPump	18:25 – 19:25 Insideflow Yoga	19:00 – 20:00 Intervall-Workout	19:40 – 21:10 Yoga		Fit-4-Friends
					Speedfitness

ab 11.10.2021