



Gruppenkurse



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

KURSPLAN ON ZOOM

09:00 – 10:00 Bodyshape	09:00 – 10:15 Vinyasa Yoga	09:30 – 10:30 deepWork	09:00 – 09:50 Pilates /Reha	09:30 – 10:30 deepWork	
10:00 – 11:00 Yogilates				10:30 – 11:30 Zumba	09:15 – 10:15 RückenFit
11:00 – 12:00 Zumba					10:15 – 10:45 Faszien & Relax
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18:00 – 19:00 Rücken Workout		18:30 – 19:30 Deep Work			Fit-4-Friends

ab 18.07.2022