

Gruppenkursplan gültig vom 19.07.2021-24.07.2021

Raum 1: Farbe ●, Raum 2: Farbe ●, Raum 3: Farbe ●



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:00	Gesunder Rücken Astrid (50min)		Pilates Astrid (50min)	Ganzkörpermobilisation Ingrid (50min)	bellicon® sanft Meditation Ingrid (25min)	Yoga Svetlana (90min)
9:30					Gesundheit Aktiv Gerald (25min)	
10:00				bellicon® Ingrid (50min)		
17:00					Bauch Beine Po Lisa (50min)	
18:00	Crossworkout Martin (50min)	bellicon® Ingrid (50min)	Yoga Svetlana (75min)		Ganzkörpermobilisation Ingrid (50min)	
18:00		Pilates Astrid (50min)		bellicon® Ingrid (50min)		
19:00		Dance & Fit Astrid (50min)		Forma Kick&Box Lucas (50min)	bellicon® Ingrid (50min)	
19:00						
19:15	bellicon® Ingrid (50min)		bellicon® Ingrid (50min)			
19:30			Strong Body Lisa (50min)			