

Gruppenkursplan gültig vom 26.07.2021-31.08.2021

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



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:00		Nordic Walking Kurs (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				bellicon® Ingrid (50min)		
19:00				Forma Kick&Box Lucas (50min)	bellicon® Ingrid (50min)	
19:00						
19:15	bellicon® Ingrid (50min)		bellicon® Ingrid (50min)			
19:30			Strong Body Lisa (50min)			