

## Gruppenkursplan gültig vom 10.01.2022-15.01.2022

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 (50min)	
10:00				bellicon® sanft Meditation (50min)		Yoga Svetlana (90min)
16:00					5 Tibeter Maria (30min)	
17:00					Bauch-Beine-Po Lisa (50min)	
18:00	Crossworkout Martin (50min)	bellicon® Ingrid (50min)	Yoga Svetlana (75min)			
18:00		Pilates Astrid (50min)		bellicon® Ingrid (50min)	Ganzkörpermobilisation Ingrid (50min)	
19:00		Fit & Dance Astrid (50min)		Forma Kick&Box Lucas (Lucas)	bellicon® Ingrid (50min)	
19:00						
19:15	bellicon® Ingrid (50min)		bellicon® Ingrid (50in)			
19:30		bellicon® sanft Ingrid (25min)	Strong Body Lisa (50min)			