

Gruppenkursplan gültig vom 16.05.2022-21.05.2022

Raum 1: Farbe ●, Raum 2 Farbe: ●

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:00	Gesunder Rücken Astrid (50min)	Bewegter Morgen/Outdoor Ingrid (50min)	Pilates Astrid (50min)	Ganzkörpertraining Ingrid (50min)	bellicon® sanft Meditation Ingrid (50min)	Yoga Svetlana (90min)
10:00	Fit 4 Life Ingrid (50min)			bellicon® sanft Ingrid (25min)		
16:00						
17:00	Fit 4 Life Ingrid (50min)					
18:00	Crossworkout Martin (50min)	bellicon® Ingrid (50min)	Yoga Svetlana (75min)			
18:00		Pilates Astrid (50min)		bellicon® Ingrid (50min)	Reaktiv Spezial Training Ingrid (50min)	
19:00		Fit & Dance Astrid (50min)		Steppaerobic Astrid (50min)	bellicon® Ingrid (50min)	
19:00						
19:15	bellicon® Ingrid (50min)		bellicon® Ingrid (50min)			
19:30		bellicon® sanft Ingrid (25min)				