

Gruppenkursplan gültig vom 19.09.2022 - 24.09.2022

Raum 1: Farbe ●, Raum 2 Farbe: ●

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|-------|-----------------------------------|-------------------------------|-------------------------------|------------|---------|---------------------------|
| 8:30 | | | | | | Yoga Patrizia (60 min) |
| 9:00 | Gesunder Rücken Astrid (50min) | | | | | |
| 10:00 | | | | | | |
| 17:00 | | | | | | |
| 18:00 | Crossworkout Martin (50min) | | Yoga Svetlana (75min) | | | |
| 18:00 | | Fit Mix Astrid (50min) | | | | |
| 19:00 | | Fit & Dance Astrid (50min) | | | | |
| 19:00 | | | | | | |
| 19:15 | | | | | | |
| 19:30 | | | Body Work Patrizia (50min) | | | |