

Gruppenkurs-Plan gültig vom 23.01.2023-28.01.2023



Raum 1: Farbe ●, Raum 2 Farbe: ●

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
8:30						Yoga Patrizia (60 min)
9:00	Gesunder Rücken Astrid (50min)		Smovey Ingrid (50min)	Ganzkörpertraining Ingrid (50min)	bellicon® sanft Meditation Ingrid (50min)	
10:00						
17:00	Fit 4 Life Ingrid (50min)					
18:00	Crossworkout Martin (50min)	bellicon® Ingrid (50min)	Yoga Svetlana (75min)			
18:00		Yogilates Patrizia (50min)	bellicon® Ingrid (50min)	bellicon® Ingrid (50min)	bellicon® Ingrid (50min)	
19:00		Body Work Patrizia (50min)	PMR Ingrid (50min)	Stretching Maja (25min)	Ganzkörpertraining Ingrid (50min)	
19:00						
19:15	bellicon® Ingrid (50min)					
19:30		bellicon® sanft Ingrid (25min)				