

Gruppenkurs-Plan gültig vom 20.03.2023-25.03.2023

Raum 1: Farbe ●, Raum 2 Farbe: ●

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|-------|-----------------------------------|--------------------------------|-----------------------------------|--------------------------------------|--|--------------------------|
| 8:30 | | | | | | Yoga Patrizia (60min) |
| 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) | | | bellicon® sanft Ingrid (25min) | | |
| 18:00 | Crossworkout Martin (50min) | bellicon® Ingrid (50min) | Yoga Svetlana (75min) | bellicon® Ingrid (50min) | bellicon® Ingrid (50min) | |
| 18:00 | | Bauch-Bein-Po Maja (50min) | bellicon® Ingrid (50min) | Yogilates Patrizia (50min) | | |
| 19:00 | Crossworkout Martin (50min) | Step Workout Ingrid (50min) | Faszientraining Ingrid (25min) | Body Work Patrizia (50min) | Step Workout Ingrid (50min) | |
| 19:00 | bellicon® Ingrid (50min) | Kettlebell Norbert (50min) | | PMR Ingrid (50min) | | |
| 19:15 | | | | | | |
| 19:30 | | | | | | |