

## Gruppenkurs-Plan gültig vom 22.5.2023-27.05.2023

Raum 1: Farbe ●, Raum 2 Farbe: ●, Outdoor ●

	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		Yogilates Patrizia (50min)	bellicon® Ingrid (50min)	Bauch-Bein-Po Maja (50min)		
19:00	Crossworkout Martin (50min)	Step Workout Ingrid (50min)	Faszientraining Ingrid (25min)	Klangschalenmeditation Ingrid (25min)	Reaktiv Spezial Training Ingrid (50min)	
19:00	bellicon® Ingrid (50min)	Kettlebell Norbert (50min)				
19:00		Body Work Patrizia (50min)				
19:30						