

Gruppenkurs-Plan gültig vom 29.5.2023-03.06.2023



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

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
8:30						Yoga Patrizia (60min)
9:00			Smovey Ingrid (50min)	Ganzkörpertraining Ingrid (50min)	bellicon® sanft Meditation Ingrid (50min)	
10:00						
17:00				bellicon® sanft Ingrid (25min)		
18:00		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		Step Workout Ingrid (50min)	Faszientraining Ingrid (25min)	Klangschalenmeditation Ingrid (25min)	Step Workout Ingrid (50min)	
19:00		Kettlebell Norbert (50min)				
19:00		Body Work Patrizia (50min)				
19:30						