

Gruppenkurs-Plan gültig vom 18.09.2023-24.09.2023

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



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8:30						Yoga Patrizia (60min)	
9:00	RückenFit Ingrid (50min)		Smovey Ingrid (50min)		bellicon® sanft Meditation Ingrid (50min)		
16:00							Yoga Nashoa (75min)
17:00	Fit 4 Life Ingrid (50min)						
18:00	bellicon® sanft Ingrid (25min)	bellicon® Ingrid (50min)	Yoga Svetlana (75min)	bellicon® Ingrid (50min)			
18:00	Crossworkout Martin (50min)	Yogilates Patrizia (50min)	bellicon® Ingrid (50min)	Body Work Patrizia (50min)	bellicon® Ingrid (50min)		
18:00			Body Pump Circuit Jasmin (50min)				
19:00	bellicon® Ingrid (50min)	Step Workout Ingrid (50min)	Progressive ME Ingrid (25min)	Deep Stretch Patrizia (50min)	Smovey Ingrid (50min)		
19:00		Lachyoga Angelika (30min)		Klangschalenmeditation Ingrid (25min)			
19:00							