

Fitnesskurse

MONTAG

09:00 – 09:50 Gym4life

18:00 – 18:50 Full Body Workout

19:00 – 20:00 Pilates

DIENSTAG

09:00 – 09:50 Gym4life

10:00 – 11:00 Fascial Moves

19:30 – 20:45 Yoga

MITTWOCH

09:00 – 09:50 Gym4life

10:00 – 10:50 Full Body Workout

18:00 – 19:00 Pilates

19:10 – 20:00 Zumba Fitness

20:10 – 21:00 Zumba Fitness

DONNERSTAG

12:15 – 13:05 Pilates

18:30 – 19:30 Pilates

19:45 – 20:45 Pilates

FREITAG

09:00 – 09:50 Gym4life

12:15 – 13:15 Fascial Moves

