

KURS PLAN

ab 15. Juni 2021

NEU!

MONTAG

9:00	BODY SHAPE	Birgit
10:00	BODY BALANCE	Birgit
17:30	FLOW YOGA	Merisa NEU!
18:30	BODY ATTACK	Ella
19:30	BODY PUMP	Lara

DIENSTAG

9:00	BODY SHAPE	Birgit
10:00	GOLDIES	Birgit
17:00	PILATES	Tanja
18:00	BOOTY PUMP	Merisa
19:00	JUMPING	Leo

MITTWOCH

9:00	BODY PUMP	Lara
17:30	BODY BALANCE	Birgit
18:30	BODY SHAPE	Birgit
19:30	ZUMBA	Germaine

DONNERSTAG

9:00	JUMPING	Leo / Lara
10:00	GOLDIES	Birgit
17:30	BODY ATTACK	Oli
18:30	BODY PUMP	Oli
19:30	BODY BALANCE	Juliane

FREITAG

9:00	BODY SHAPE	Christiane
18:00	YOGA	Astrid
19:00	PARTY JUMPING	Merisa

SAMSTAG

9:30	BODY PUMP	Carmen
10:30	ZUMBA	Germaine
12:00	BODY ATTACK	Lara
13:00	JUMPING	Lara NEU!

SONNTAG

10:00	BODY PUMP	Juliane
11:15	JUMPING	Astrid
12:15	YOGA	Astrid