

KURS PLAN

ab 23. Dezember 2021

MONTAG

9:00	BODY SHAPE	Birgit
10:00	BODY BALANCE	Birgit
17:00	BODY BALANCE	Carmen
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	CROSSLIFT	Tanja
19:00	JUMPING	Leo

MITTWOCH

9:00	JUMP & TONE	Astrid
10:00	RÜCKENFIT	Astrid
17:30	BODY BALANCE	Birgit
18:00	POWER TOWER	Rieke
18:30	BODY SHAPE	Birgit
19:30	ZUMBA	Germaine

DONNERSTAG

10:00	GOLDIES	Birgit
17:30	BODY ATTACK	Oli
18:30	BODY PUMP	Oli
19:30	BODY BALANCE	Lara

FREITAG

9:00	BODY SHAPE	Christiane
10:00	STEP	Birgit
16:30	RELAX YOGA	Dennis
18:00	PARTY JUMPING	Lisa

SAMSTAG

10:30	ZUMBA	Germaine
12:00	BODY ATTACK	Lara
13:00	JUMPING	Lara
16:00	FUNCTIONAL TONE	Birgit

SONNTAG

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

NEU

NEU