

Kursplan



MO	DI	MI	DO	FR	SA
Bodytoning 09:00 - 09:55				Fitbalance 09:30 - 10:25	
		Core 18:30-18:55			
Zumba 19:00 - 19:55	Dedication Boxen 18:30-19:25		Pilates 19:00-19.55		
Vinyasa Yoga 20:00-20:55	Dynamic Stretch 19:30 - 20:25				

* Änderungen vorbehalten