

Kursplan Groupfit

Montag

Bodytoning
09:00 - 09:55

Zumba
19:00 - 19:55

Dienstag

Mittwoch

Pilates
09:00 - 09:55

Core
18:30 - 18:55

Donnerstag

Freitag

Fitbalance
09:30 - 10:25