























# KURSPLAN OKTOBER

01.-15.10.24

MO	DI	MI	DO	FR	SA	SO
08:15 - 09:45 YOGA Flow  Berenice	08:15 - 09:45 YOGA Flow  Berenice	08:15 - 09:45 YOGA Flow  Berenice	08:15 - 09:45 YOGA Flow  Berenice	08:15 - 09:45 YOGA Flow  Berenice		
10:00 - 10:45 Reha Kurs  Zoe	10:00 - 11:00 Rücken Gymnastik  Herbert	10:00 - 10:45 Reha Kurs  Zoe	10:00 - 11:00 Pilates  Berenice	10:00 - 11:00 Barre Movement Core & Booty  Berenice	09:00 - 10:00 Weekend special  Im Wechsel	
		11:00 - 12:00 Rücken YOGA  Berenice		11:15 - 12:15 Soft Cycling  Berenice		
18:00 - 19:00 Rücken Gymnastik  Martina	17:50 - 18:50 Mobility Move  Sophia		18:45 - 19:30 Power HIIT Training  Zoe			
19:00 - 19:30 Beckenboden Fit  Martina		18:30 - 19:30 Functional Bodystyling  Nicole	19:30 - 20:30 TRX Bodystyling  Zoe			
19:30 - 20:00 Bauch Power  Judith	18:55 - 19:55 Cycling  Wolfgang					
20:00 - 21:00 PUMP  Judith	20:05 - 21:05 World JUMPING  Judith					

In Mitgliedschaft enthalten.

Exklusiv erhältlich.

