

KURSPLAN - AB 13. SEPTEMBER 2021

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

09:00 - 12:00
Freies Training

09:00 - 12:00
Freies Training

09:00 - 12:00
Freies Training

09:00 - 12:00
Freies Training

09:00 - 12:00
Freies Training

10:00 - 13:00
Freies Training

10:00 - 10:45
Stoffwechsel-Aktivierung
+ Livestream

10:00 - 10:30
Schlinge-AGILITY

NEU

10:00 - 10:45
Bewegter-Rücken
+ Livestream

10:00 - 10:45
Pilates

NEU

17:00 - 21:00
Freies Training

17:00 - 21:00
Freies Training

17:00 - 21:00
Freies Training

17:00 - 20:00
Freies Training

17:00 - 19:00
Freies Training

11:00 - 11:45
Bauch-Beine-Po

+ Livestream

NEU

18:00 - 18:45
Zumba

18:00 - 18:45
Pilates
+ Livestream

18:00 - 18:45
Stoffwechsel-Aktivierung
+ Livestream

18:00 - 18:45
STEP-Aerobic - Basic
+ Livestream

17:00 - 17:45
Schlinge-STRONG

12:00 - 12:45
Functional Training

NEU

19:00 - 19:45
CardioBoxing

19:00 - 19:45
HIIT-Up
+ Livestream

19:00 - 19:45
BodyFit
+ Livestream

19:00 - 19:45
STEP-Aerobic - Advanced

18:00 - 18:45
Stoffwechsel-Aktivierung

NEU

20:00 - 20:45
Pilates
+ Livestream

20:00 - 20:45
Schlinge-STRONG

20:00 - 21:00
Yoga
+ Livestream

groupfit