

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:15 - 10:30 Yoga MANJA	10:00 - 10:50 BodyFit FELORA	09:15 - 10:30 Pilates MARTA	09:30 - 10:30 BodyFit RUSCHA	09:30 - 10:30 BodyFit SARA	10:00 - 10:50 Body Workout REBECCA	10:00 - 11:00 Muscle Power SEENO
10:30 - 11:45 BodyFit MARTA	11:00 - 12:00 Pilates Balance FELORA	10:30 - 12:00 Nia ULRIKA	10:30 - 12:00 Yoga ISABELL	10:30 - 11:30 Rückenfit SARA	11:00 - 12:00 Pilates Fusion REBECCA	11:00 - 11:50 Rücken Fit & Stretch FELORA
						12:00 - 13:00 Cardio Body Workout FELORA
17:00 - 18:00 BodyFit / Stretch RUSCHA	17:00 - 18:00 Muscle Power MADITA	16:45 - 18:00 Yogilates ISABELL	17:00 - 18:00 Holistic Yoga LaLo	17:00 - 18:00 Muscle Power SOFIE	16:00 - 17:00 BodyFit Extreme SOFIE	16:00 - 17:00 BodyFit REBECCA
18:00 - 19:00 Body Workout RUSCHA	18:00 - 19:00 BodyFit REBECCA	18:00 - 18:50 Rückenfit SARA	18:00 - 18:50 Body Workout JULIA	18:00 - 18:50 Power Pilates MAGDALENA	17:00 - 18:00 Mobility SOFIE	17:00 - 18:15 Yoga MANJA
19:00 - 20:00 Bauch Beine Po LaLo	19:00 - 20:00 Pilates MARTA	19:00 - 20:00 Body Workout SARA	19:00 - 20:00 Bauch Beine Po JULIA	19:00 - 20:00 Zumba MAGDALENA		
20:00 - 21:00 Zumba LAURA	20:00 - 21:00 Yoga MARTA	20:00 - 21:00 HIIT Workout VALENTIN	20:00 - 21:00 BodyFit Extreme SOFIE			