

KURSPLAN

ab 27.03.2023

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

16:00 – 16:45

PILATES

LEGS&BOOTY

BODYFORMING

ABS

IN SHAPE

17:00 – 17:45

BBP

IN SHAPE

PILATES

HIIT

CHILLOUT YOGA

18:00 – 18:45

IN SHAPE

DANCEOUT

BBP BOOST

IN SHAPE

19:00 – 19:45

MEN FITNESS

MEN FITNESS

ÄNDERUNGEN VORBEHALTEN.