

## KURSPLAN

ab 01.04.2026

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

16:00 – 16:45

PILATES

BODYFORMING

17:00 – 17:45

BBP BOOST

PILATES

BBP BOOST

IN SHAPE

18:00 – 18:45

IN SHAPE

IN SHAPE

IN SHAPE

IN SHAPE

19:00 – 19:45

MEN FITNESS

MEN FITNESS

ÄNDERUNGEN VORBEHALTEN.