

Fitnesskursplan

Montag

- WIRBELSÄULEN-GYMNASTIK 09:30 - 10:30
- BODYFORMING 18:30 - 19:30
- WORLD JUMPING® 19:30 - 20:30

Dienstag

- FATBURNER 18:00 - 19:00
- BODYPUMP 19:00 - 20:00

Mittwoch

- BODYBALANCE 18:00 - 19:00
- FATBURNER 19:00 - 20:00

Donnerstag

- YOGA 18:00 - 19:30
- ZUMBA® 19:30 - 20:30

Freitag

- FATBURNER 09:30 - 10:30
- INDOOR CYCLING 19:00 - 20:00

Samstag

Sonntag

- QI GONG 10:00 - 11:00