

Kursplan

ab 29.06.2021

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Kursraum 1	Kursraum 1	Kursraum 1	Kursraum 1	Kursraum 1	Kursraum 1	Kursraum 1
10:30 - 11:30 Core Training		10:00 - 11:00 Functional Movement Training		10:00 - 11:00 Pilates +		
					11:00 - 12:00 Kurs-Special +	
					12:15 - 12:45 Kurs-Special +	
18:00 - 18:45 Functional - Movement Training	17:45 - 18:15 Mobility +	18:00 - 19:00 Core Training +	18:00 - 18:45 Functional - Movement Training			
19:00 - 19:30 Bauch Intensiv +	18:30 - 19:30 Hot Iron ++	19:15 - 20:15 Cycling ++	19:00 - 19:45 Fit-Boxen			
19:45 - 20:45 Hatha Yoga +	19:45 - 20:15 M. A. X.		20:00 - 21:00 Stråla Yoga +			