

Montag

10:00-10:30
J's Functional
Circle

10:35-11:05
Mobility

18:00-18:30
Functional Core

18:30-19:00
Stretching

19:30-20:15
Sivananda
Yoga
Kraft & Energie

Dienstag

17:45-18:30
J's Functional
Strength

18:35 - 19:20
Functional
meets
Pilates

Mittwoch

10:00-10:30
J's Functional
Circle

10:35-11:05
Mobility

18:00-19:00
Core

19:00-20:00
Stretching

Donnerstag

17:45 - 18:15
J's Funcitonal

18:20 - 18:50
J's Rücken +
Fitness

Freitag

10:00-11:00
Pilates

17:15-17:45
Core

Samstag

Farbliche Raumerklärung



Kursraum



Functional Area