

Montag

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

10:35-11:05
Mobility

18:30-19:00
Core

19:15-20:15
Cycling

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

20:20-21:05
Sivananda
Yoga Relax

Dienstag

17:45-18:25
J's Functional
Circle

18:30-19:10
HIIT

19:15-19:45
Mobility

Mittwoch

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

10:30-11:05
Mobility

18:00-18:30
Core

18:30-19:00
Stretching

19:15-20:15
Cycling

Donnerstag

17:45-18:15
HIIT Circle

18:20-18:50
Bauch Intensiv

19:00-19:30
J's Functional
Circle

Freitag

10:00-11:00
Pilates

17:15-17:45
Core

Samstag

Farbliche Raumerklärung



Kursraum



Functional Area



Cyclingraum