
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
20:20-21:05
Sivananda Yoga
Relax
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
Farbliche Raumerklärung
Kursraum
Functional Area