

Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Kursraum	Kursraum	Kursraum	Kursraum	Kursraum	Kursraum	Kursraum
J's Functional Circle 10:00 - 10:30		Mobility/ Stability 10:00 - 10:30		Pilates 10:00 - 11:00		
Mobility/ Stability 10:35 - 11:05		J's Functional Circle 10:35 - 11:05				
	J's Functional Circle 17:45 - 18:25		H.I.I.T - Circle 17:45 - 18:15		Kurs - Special 11:00 - 12:30	
Core Training 18:30 - 19:00	H.I.I.T 18:30 - 19:10		Bauch Intensiv 18:20 - 18:50			
Cycling 19:15 - 20:15	Mobility 19:15 - 19:45	Core Training 18:00 - 18:30	J's Functional Circle 19:00 - 19:30			
Yoga - Kraft & Energie 19:00 - 19:45		Stretching 18:30 - 19:00	Strala Strong 19:00 - 19:30			
Yoga Relax 20:00 - 20:45		Cycling 19:15 - 20:15	Strala Relax Express 19:40 - 20:10			