

KURSPLAN

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MI

DO

FR

SA

9:00-10:30
BODYSTYLING

9:15-10:00
BODYFIT BEST
AGERS

17:30-18:25
YOGA

17:15-18:00
PILATES
18:00-18:45
ZUMBA

18:30-19:20
BODYFORMING
19:30-20:30
POWER
DUMBBELL

18:45-19:45
BAUCH-BEINE-
PO

18:45-19:30
HIIT