

Kursplan Laufamholzstraße

Gültig ab: 12.11.18

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

9:30 - 10:30

Workout Class

Marianna

10:30 - 11:30

Pilates

Marianna

18:00 - 19:00

Zumba

Martina

19:00 - 20:00

**Total Body
Workout**

Martina

19:30 - 20:45

Indian Balance

Helmut - **EG**

09:30 - 10:30

Yoga

Ingrid

10:30 - 11:30

Rücken/Stretch

Ingrid

17:30 - 18:30

orth. WSG

Julia

18:30 - 19:30

Fatburner

Moni

19:30 - 20:30

Workout Mix

Moni

9:30 - 10:30

Step Mix

Marianna

10:30 - 11:30

Rücken/Stretch

Marianna

17:30 - 18:30

Flexibar/Rücken

Marianna

18:30 - 19:45

Yoga

Marianna

9:30 - 10:30

WSG

Steffie/Laura

10:30 - 11:45

Intensiv-Yoga

Steffie/Laura



**med. Fitness
&
Physiotherapie**

Schnuppern jederzeit möglich!