



Tag	Kurs	Trainer*in	Zeit
Montag	Power Yoga	Ines H.	12:00 - 12:55
	Yoga	Nicole S.	18:00 - 19:10
	BODYPUMP®	Andreas G.	19:15 - 20:10
Dienstag	BODYPUMP®	Nicole G.	12:00 - 12:55
	ZUMBA®	Ana A.	18:00 - 18:55
	Coretraining	Angela G.	19:00 - 19:25
	TôSô X®	Angela G.	19:30 - 20:25
Mittwoch	Power Yoga	Ines H.	12:00 - 12:55
	BODYCOMBAT®	Michelle S.	18:00 - 18:55
	BODYPUMP®	Nicole G.	19:10 - 20:05
Donnerstag	ZUMBA®	Paola P.	12:15 - 13:10
	Bodytoning	Rahel K.	18:00 - 18:55
	Power Yoga	Ausra G.	19:00 - 20:10
Freitag	BODYPUMP® Best of 2023	Paulo A.	12:00 - 12:55
	BODYCOMBAT® Fight the decade	Daphne D.	17.30 - 18.25
	BODYPUMP® Best of 2023	Paulo A.	18:30 - 19:25
Samstag	BODYPUMP® Best of last years	Georgina H..	09:30 - 10:25
	Coretraining Plank & Crunch	Georgina H.	10.30 - 10.55
	BODYCOMBAT® goes Technique	Vanessa L.	11:00 - 11:55
Sonntag	TôSôX® Maximum Power	Lea B.	11:00 - 11:55
	Power Yoga starke Mitte	Yvonne B.	12:30 - 13:55

Aktuelles Kursprogramm online

