

Aktueller Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Step Cardio 18:00-18:30 Kelly	Bodystyling 18:00-19:00 Kelly		Strong Nation 17:30-18:15 Andrea	Bodystyling 17:00-18:00 Kelly	Frauenboxen 10:00-11:15 Ebru
Mobility 18:30-19:00 Kelly	Yoga 19:00-20:00 Christiane	Functional Fit 17:30-18:30 Kelly	Zumba 18:15-19:00 Andrea	Zumba 18:00-19:00 Kelly	
Zumba 19:00-20:30 Jane Brazil	Boxen 20:00-21:00 Marco	Mobility 18:30-19:00 Kelly	Core Express 19:00-19:30 Kelly		
		Step Cardio 19:00-20:00 Philip	Mobility 19:30-20:00 Kelly		
			Boxen 20:00-21:00 Marco		