

Online Corona Kursplan

Stand 11/2020

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

17:00 -
18:00 **Functional Fit** Svenja

17:00 -
18:00 **Functional Fit** Martina

17:00 -
18:00 **Functional Fit** Martina

18:00 -
19:00 **Bodyworkout** Sonja

20:00 -
21:00 **Pilates** Sonja

18:00 -
19:00 **Intervalltraining** Svenja

20:00 -
21:00 **Yoga** Ulrike