

Online Corona Kursplan

Stand 04/2021

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FRETTAG
		10:15 - 11:15 Rückenfit Yasmina		
		14:45 - 16:00 Yoga Yasmina		
17:00 - 18:00 Functional Fit Schwerpunkt Bauch Svenja	16:00 - 17:00 Rückenfit Yasmina		17:00 - 18:00 Functional Fit Martina	
	18:00 - 19:00 Functional Fit Martina	18:00 - 19:00 Intervalltraining Svenja		18:00 - 19:00 Bodyworkout Sonja
20:00 - 21:00 Pilates Sonja		20:00 - 21:00 Yoga Ulrike		