

FIT & WELL KURSPLAN



MONTAG

08:30 - 09:30
Pilates



17:20 - 18:20
Kettlebell



18:30 - 19:30
Iron Pump



19:40 - 20:10
Mobility



DIENSTAG

18:00 - 19:00 **STRONG NATION**
Strong Nation

19:15 - 20:15
Jumping
by Vera



MITTWOCH

08:30 - 09:00
Rückenfit



09:15 - 10:15
Spinning



NEU ab 3.
November

17:00 - 17:50 **ZUMBA Kids**
Zumba Kids



18:30 - 19:30
Zumba



DONNERSTAG

17:20 - 17:40
Sixpack Special



18:00 - 19:00
Hot Iron
Cross



19:15 - 20:15
Spinning



FREITAG

09:00 - 10:15
Yoga



18:00 - 19:00 Uhr
Jumping
by Vera

