

FIT & WELL KURSPLAN



MONTAG

08:30 - 09:30
Pilates



17:20 - 18:20
Kettlebell



18:30 - 19:30
Iron Pump



19:40 - 20:20
Mobility



DIENSTAG

19:15 - 20:15
Jumping
by Vera



MITTWOCH

08:30 - 09:00
Rückenfit



17:00 - 17:50
Zumba Kids



19:00 - 19:30
Zumba



DONNERSTAG

18:00 - 19:00
Hot Iron
Cross



FREITAG

09:00 - 10:15
Yoga



18:00 - 19:00 Uhr
Jumping
by Vera

