

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

18:30 - 19:15 **STRONG**
NATION
Strong Nation

19:30 - 20:00
Sixpack

MITTWOCH

08:30 - 09:00
Rückenfit



19:00 - 20:00
Zumba



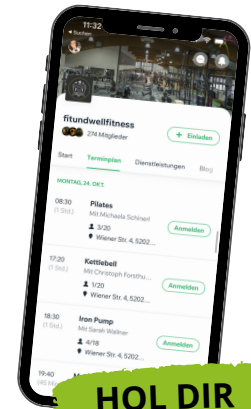
DONNERSTAG

18:00 - 19:00
Hot Iron
Cross



FREITAG

08:30 - 09:30
Yoga



**HOL DIR
DIE APP!**

FIT BY WIX
EINLADUNGSCODE:
FITUNDWELL

KURSBUCHUNG UNTER
WWW.FITUWELL.AT
ODER