

Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
				REHA 9:15 – 10:00 Anja
		REHA 16:00 – 16:45 Anja	REHA 16:00 – 16:45 Anja	FASZIO** 16:00 – 16:50 Anja
STEP AEROBIC 17:15 – 18:05 Magda	WORLD JUMPING 17:15 – 18:05 Judith	TABATA 17:15 – 18:05 Anja	BODYWORK 17:15 – 18:05 Anja	WORLD JUMPING 17:15 – 18:05 Judith
TRX 18:30 – 19:20 Magda	BBP 18:30 – 19:20 Melanie	POWER-BARBELL 18:30 – 19:20 Anke	FASZIO 18:30 – 19:20 Anja	POWER-BARBELL 18:30 – 19:20 Anke
SALSATION 19:45 – 20:35 Magda	YOGA´n´SOUL 19:45 – 20:35 illy	BODYWORK ** 19:45 – 20:35 Anja	TRX 19:45 – 20:35 Magda	

Stand: September 2020

** Sonderkurse COVID 19 bedingt

