

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:00 Pilates		9:00 PowerVit Yoga		08:45 Tai Chi
10:00 Faszien		10:00 Body Work		10:00 Rückenfit
10:45 Jumping Soft		11:00 Stretching		
<b>Kursplan gültig ab 8.10.2018</b>				
	16:00 Jumping		16:30 Faszien	16:30 Line Dance Anf.
17:00 Jumping	17:00 Jumping Basic	17:00 Jumping Power	17:00 Pilates	
	18:00 Yoga		18:00 Bauch-Beine-Po	18:00 Tai Chi Fortg.
18:30 Zumba				

