

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



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

19:00 - 20:00

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

