

Kurs PLAN



GÜLTIG AB 01.07.2022

*30 MINUTEN **45 MINUTEN OHNE STERNCHEN 60 MINUTEN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	10.30 WORKOUT & STRETCH**					
						12.00 FASZIEN & STRETCH
	17.00 BBP BY CORA*	17.00 JUMPING FITNESS				
17.30 JUMPING FITNESS			17.30 HULA HOOP**			
	18.00 ZUMBA	18.15 YOGA				
			18.30 JUMPING FITNESS			
18.45 SALSATION			18.45 FUNCTIONAL			
	19.15 STRONG NATION**					
	20.15 FULL BODY WORKOUT BY JENGI	20.15 BOOTYKILLER**	20.00 BODY COMBAT			