

KURSPLAN

Feminin Aktiv ab 05.07.2021

MO	DI	MI	DO	FR	SA	SO
		08:30 Rückenfit		08:30 Fatburner	08:30 Yoga #	
09:30 Bodymix	09:30 BBP			09:30 Rückenfit	09:30 REHA	09:30 Functional Workout
	10:30 REHA		10:30 Pilates		10:30 BBP	10:30 BBP+R
					11:30 Power Dumbell	11:30 Multiworkout
14:30 Rückenfit	14:30 Yoga #				12:30 Fatburner	12:30 Bodymix
		15:30 Fatburner		15:30 Faszination	KURSDAUER = 45 MIN # = 1 STD.	
16:30 Bodymix	16:30 Multiworkout		16:30 BBP	16:30 4 Streatz LIVE	PERFEKTER SLIMBELLY KURS	
17:30 Zumba LIVE	17:30 Rückenfit	17:30 BBP+R	17:30 Power Dumbell	17:30 Pilates	Finde uns:	
18:30 BBP	18:30 Power Dumbell	18:30 Step	18:30 Rückenfit	18:30 Fit ins Weekend	   	
19:30 Multiworkout	19:30 Bodymix	19:30 Yoga #	19:30 REHA		Online Live Kurse, Videos, Podcast "Alles Fit?!"	