

KURSPLAN

PHYSIOAKTIV

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
PILATES 9:30 – 10:30 <i>Anne</i>	BBP 10:00 – 11:00 <i>Tatjana</i>	CYCLING 10:30 – 11:30 <i>Anne</i>	RÜCKEN-AKTIV 9:45 – 10:45 <i>Birgit</i>	BODYSTYLING 10:30 – 11:30 <i>Petra</i>	YOGA 16:00 – 17:15 <i>Bärbel (geschlossener Kurs)</i>
FUNCTIONAL FITNESS 18:00 – 19:00 <i>Alina</i>	WSG 17:45 – 18:30 <i>Birgit</i>	THORSO-STABI ab 01.04.2019 18:00 – 18:45 <i>Philipp</i>	YOGA 10:45 – 12:00 <i>Bärbel</i>		
CYCLING 18:15 – 19:15 <i>Alex</i>	FREESTYLE-WORKOUT 18:30 – 19:30 <i>Stina</i>	PILOXING 19:00 – 20:00 <i>Yvonne</i>	PILATES 18:00 – 19:00 <i>Anne</i>		
POWER-WORKOUT 19:00 – 19:45 <i>Alessandro</i>	YOGA 19:30 – 20:45 <i>Bärbel</i>		OUTDOOR 18:00 – 19:00 <i>Petra</i>		
CYCLING 19:15 – 20:15 <i>Alex</i>			RUMPF TOTAL 19:00 – 20:00 <i>Tatjana</i>		
			CYCLING 19:15 – 20:15 <i>Andrea</i>		

AB 1.6.2019