

Kursprogramm

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Tabata 8:45 10min.	Tabata 8:45 10min.	Strong Body 9:00 55min.	BodyCROSS 9:00 40min.	Pilates 9:00 55min.	Cardio Step 9:30 25min.
Team	Team	Lisa	Stefanie	Miriam	Angelika
Piloxing SSP 9:00 55min.	Bauch & Rücken 9:00 55min.		Faszien Power 9:45 25min.		Hot Iron 10:00 45min.
Beatrice	Stefanie		Team		Angelika
Tabata 17:45 10min.	Tabata 17:45 10min.	BodyCROSS 18:00 55min.	Step 18:00 40min.	Body Power 17:30 55min.	
Team	Team	Stefanie	Lisa	Angelika	
Faszien Power 18:00 25min.	Piloxing SSP 18:00 55min.	BBP 19:00 55min.	Pump 18:45 40min.	Powertraining 18:30 55min.	
Team	Beatrice	Angelika	Lisa	Beatrice	
Body intens 18:30 55min.	Pilates 19:00 55min.		Yoga intens 19:30 55min.	Fitnessboxen 19:30 70min.	
Lisa	Miriam		Claudia	Halil	
Spinning 19:30 70min.	Fitnessboxen 20:00 70min.				
Jürgen	Halil				

Programm gültig ab Montag, den 17. September bis Samstag, den 22. Dezember (Änderungen vorbehalten)
An Feiertagen keine Kurse

Stand 17. September 2018

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