

Kursplan

25.10.2021 - 31.10.2021

Emotion
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| Montag 25.10.2021 | Dienstag 26.10.2021 | Mittwoch 27.10.2021 | Donnerstag 28.10.2021 | Freitag 29.10.2021 | Samstag 30.10.2021 | Sonntag 31.10.2021 |
|---|--|---|--|--|--------------------|--------------------|
| <p>09:30 - 10:30 Bodystyling</p> <p>10:30 - 11:30 Pilates</p> <p>17:00 - 18:00 Fit over 60</p> <p>18:00 - 18:40 Functional Circuit ...</p> <p>18:00 - 18:40 Jumping</p> <p>18:45 - 19:45 Indoor Cyling</p> <p>20:00 - 21:30 Hatha- Yoga</p> | <p>18:00 - 18:40 Jumping</p> <p>19:00 - 20:00 Bodystyling</p> <p>20:00 - 21:00 Pilates</p> | <p>09:00 - 09:40 Functional Circuit ...</p> <p>09:45 - 10:45 Bodystyling</p> <p>18:15 - 18:55 Functional Circuit ...</p> <p>19:00 - 20:00 Indoor Cyling</p> <p>19:00 - 19:40 Functional Circuit ...</p> | <p>16:30 - 18:00 Hatha- Yoga</p> <p>18:15 - 18:55 Functional Circuit ...</p> <p>19:00 - 19:40 Jumping</p> <p>19:45 - 20:25 Jumping</p> | <p>09:00 - 09:40 Functional Circuit ...</p> <p>19:00 - 20:00 Indoor Cyling</p> | | |

- Allgemeine Fitne...
- Ausdauer
- Figur
- Functional Circu...
- Gesundheit

Stand: 28.10.2021