



Fitness Kursplan ab 8. Januar 2024

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Pilates 09.00 - 09.50 Tiziana	Rücken/Bauch 09.50 - 10.40 Gabriella	Bodytoning/Stretching 09.10 - 10.00 Nina	Body-Toning 10.05 - 10.45 Daniela	
Aqua-Power 10.20 - 11.00 Peter	Yoga 10.50 - 11.40 Daniela	Aqua-Power 10.20 - 11.00 Nina	Yoga 10.50 - 11.30 Daniela	Aqua-Power 10.20 - 11.00 Peter
Aqua-Wellness 11.10 - 11.30 Peter		Aqua-Wellness 11.10 - 11.30 Nina		Aqua-Wellness 11.10 - 11.30 Peter
Powerplate 17.30 - 18.00 Tiziana				
Pilates 18.10 - 19.00 Tiziana		Fatburner 18.00 - 18.55 Tiziana		