



Fitness Kursplan 2025 28.07. - 08.08.

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Pilates 09.00 - 09.50 Tiziana Aqua-Power 10.20 - 11.00 Peter Aqua-Wellness 11.10 - 11.30 Peter		Bodytoning/Stretching 09.10 - 10.00 Tiziana Aqua-Power 10.20 - 11.00 Peter Aqua-Wellness 11.10 - 11.30 Peter		Aqua-Power 10.20 - 11.00 Peter Aqua-Wellness 11.10 - 11.30 Peter
Pilates 18.10 - 19.00 Tiziana		Fatburner 18.00 - 18.55 Tiziana		

18.07.2025