Kursplan

29.04.2024 - 05.05.2024

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Montag 29.04.2024	Dienstag 30.04.2024	Mittwoch 01.05.2024	Donnerstag 02.05.2024	Freitag 03.05.2024	Samstag 04.05.2024	Sonntag 05.05.2024
09:30 - 10:15 BBP Annika	10:00 - 10:45 I-Motion Conni	09:30 - 10:30 LESMILLS BODYBALANC... Conni	09:30 - 10:15 Cycling Musti	09:30 - 10:30 LESMILLS BODYPUMP Conni	10:30 - 11:30 LESMILLS BODYBALANC... Ina oder Conni	10:30 - 11:30 LESMILLS BODYCOMBAT Ina
10:25 - 10:50 BALLance Annika	17:30 - 17:50 BALLance Annika	11:00 - 11:45 Rückenfit Annika	10:30 - 12:00 Yoga Conni	18:00 - 19:00 Cycling Conni	11:45 - 12:45 LESMILLS BODYPUMP Ina oder Conni	11:45 - 12:45 Cycling Andi oder Conni
11:00 - 11:45 Rückenfit Annika	18:00 - 18:45 Rückenfit Annika	18:00 - 18:55 LESMILLS BODYBALANC... Ina	18:00 - 18:30 Step Conni			
18:00 - 19:00 LESMILLS BODYPUMP Conni	19:00 - 20:00 Cycling Musti	19:10 - 19:55 LESMILLS BODYPUMP Ina	18:45 - 20:15 Yoga Conni			
19:15 - 20:15 Cycling Jan	20:15 - 21:00 LESMILLS BODYCOMBAT Lea	20:10 - 21:00 Cycling Conni				
20:25 - 20:55 LESMILLS CORE Conni						

Stand: 05.05.2024

- Body & Mind inte...
- Fitness & Muskul...
- Box/Kick/Cardio
- HITT Training
- Core
- Herz-Kreislauf-T...
- Dance
- Rücken & Gelenke...