

Kursplan

14.06.2021 - 20.06.2021

Olympia Gym
 Gutenbergstraße 6
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Montag 14.06.2021	Dienstag 15.06.2021	Mittwoch 16.06.2021	Donnerstag 17.06.2021	Freitag 18.06.2021	Samstag 19.06.2021	Sonntag 20.06.2021
09:00 - 10:00 Bodystyling	09:00 - 10:00 REHASPORT Orthopä...	09:00 - 10:00 FITcross	09:00 - 10:00 Pilates	09:00 - 10:00 Rücken FIT	09:00 - 10:00 Intensiv Yoga	
10:00 - 10:45 Rücken FIT	10:00 - 10:45 REHASPORT Orthopä...	10:00 - 10:30 Relax Stretch	10:15 - 11:15 REHASPORT Orthopä...	10:00 - 11:00 Bauch, Beine, Po	10:10 - 11:40 All About Your Body...	
18:00 - 19:00 Rock Your Body	17:30 - 18:30 Intensiv Yoga	17:30 - 18:15 Ballance	11:15 - 12:00 REHASPORT Orthopä...	15:30 - 16:30 REHASPORT Orthopä...		
19:00 - 20:00 Bauch, Beine, Po	18:30 - 19:00 6-Pack	18:30 - 19:30 Indoor Cycling	18:00 - 18:45 Indoor Cycling	16:30 - 17:15 REHASPORT Orthopä...		
	19:15 - 20:15 Jumping Fitness	19:40 - 20:40 Rücken & Bauch	18:50 - 19:35 TRX	17:30 - 18:30 Pilates		
			19:45 - 20:30 Jumping Fitness	18:30 - 19:30 Zumba		

■ Abnehmen & Ernäh...
 ■ Figur- & Muskelt...
 ■ Rücken & Gesundh...

Stand: 19.06.2021