

STUNDENPLAN

Kursperiode: 07. September – 16. Oktober 2020

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
16:00 – 16:45		MOVE! mit Alina	BODYFORMING		ABS
16:30 – 17:15	PILATES				
17:00 – 17:45		LEGS & BOOTY	PILATES		FULL BODYWORKOUT
17:30 – 18:15	PILATES				
18:00 – 18:45		IN SHAPE	CARDIO / HIIT	IN SHAPE	
18:30 – 19:15	IN SHAPE & BBP BEACH				
19:00 – 19:45		MEN FITNESS	AEROBICS mit Sabine	MEN FITNESS	
19:30 – 20:15	MEN FITNESS				