

ALLin CYRCLE

12:10-12:55

Nadine

ALLin CYRCLE

18:00-18:45

Nadine

ZUMBA FITNESS

18:45-19:45

Sandra

MO



KURSPLAN KIRCHBERG HERBST

CLASSIC YOGA

18:00-18:55

Bobesh

TRX WORKOUT

19:00-19:45

Nadine

DI

CALISTHENICS FULLBODY

19:00-19:30

Marc

SPINNING INDOOR

18:30-19:30

Karl

HIIT CARDIO CYRCLE

19:30-20:00

Nadine

MI

LatinBody Movements

18:30-19:30

David

CLASSIC SALSA

Ab 19:30

David

Zusatzangebot

DO

Stretching

10:00-10:40

Nadine

SA

DANCE AEROBIC

09:00-10:00

Pia

CORE POWER

10:15-11:15

Melanie

TRX

18:00-18:45

Melanie

HULA HOOP

19:00-20:00

Nathalie

MO



KURSPLAN GERLAFINGEN HERBST

SPINNING

17:50-18:50

Patrick

ZUMBA

19:00-20:00

Luisana

DI

DANCE AEROBIC

09:00-10:00

Pia

TRX

12:00-12:45

Melanie

DANCE AEROBIC

18:15-19:15

Pia

STRONG NATION

20:00-21:00

Daniela

MI

DANCE AEROBIC

09:00-10:00

Pia

BODY TONING

18:00-18:50

Melanie

ALLin CYRCLE

18:00-18:45

Daniela

YOGA

19:00-20:00

Iva

DO

PILATES

08:50-09:50

@Tanzraum15

Melanie

TRX

12:00-12:45

Melanie

YOGA

17:30-18.30

Naima

FR

SPECIAL

10:00-11:00

Wechselt jede

Woche siehe

Aushang Fitness

SA