

Kursplan

22.04.2024 - 28.04.2024

Montag 22.04.2024	Dienstag 23.04.2024	Mittwoch 24.04.2024	Donnerstag 25.04.2024	Freitag 26.04.2024	Samstag 27.04.2024	Sonntag 28.04.2024
09:30 - 10:30 European Aerobic ... 18:00 - 19:00 European Aerobic ... 19:00 - 19:30 Sixpack-Express 19:30 - 20:30 European Weights® ...	17:00 - 18:30 Hatha Yoga 18:30 - 19:30 European Muscle Pow... 19:30 - 20:30 ETB® ETB® intro	09:30 - 10:30 European Muscle Pow... 18:15 - 19:15 European Spin Gym® 18:30 - 20:00 Hatha Yoga 19:30 - 20:30 European Weights®	18:30 - 19:30 European Muscle Pow... 19:30 - 20:00 Sixpack-Express 20:00 - 20:30 Stretch & Relax	09:30 - 10:30 Be active® 17:00 - 18:00 Stretch & Mobility 18:00 - 19:00 European Aerobic ... 19:00 - 20:00 European Weights®	14:30 - 15:30 ETB® 15:30 - 16:30 European Weights®	09:30 - 11:00 Hatha Yoga 11:00 - 12:00 European Spin Gym® 12:00 - 13:00 ACROBO® Class