

2022

Kursplan

3SEEN
FITNESS

Montag

10:30 - 11:20

Wirbelsäulengymnastik

Fitnessgarten

18:30 - 19:15

Indoor Cycling

Fitnessgarten

19:30 - 20:20

Body Complete

Fitnessgarten

Dienstag

18:30 - 19:20

Hoop Fitness

Fitnessgarten

Mittwoch

18:30 - 19:15

Jumping Fitness

Fitnessgarten

19:30 - 20:20

Zumba

Kursraum

19:30 - 20:15

Yoga

Fitnessgarten

Donnerstag

18:30 - 19:15

WOD Gym.

Trainingfläche

Freitag

09:15 - 10:00

Flexx & Relax
meets BlackRoll

Kursraum

Freitag

18:30 - 19:20

Step meets BBP

Fitnessgarten

19:30 - 20:20

Jump for Joy

Fitnessgarten

Samstag

Regeneration

Sonntag

Regeneration