

KURSPLAN



Gültig ab: **15.08.2022**

MO	DI	MI	DO	FR	SA	SO
9.00 / 55' / Filippa 	9.30 / 55' / Sandy LES MILLS BODYPUMP	9.30 / 55' / Filippa Pilates	9.30 / 55' / Tiziana 	9.30 / 55' / Filippa LES MILLS BODYBALANCE	10.00 / 55' / Patrizia TABATA- Workout	10.15 / 55' / Team LES MILLS BODYPUMP
10.10 / 55' / Tiziana 						
14.00 / 55' / Regula Antara ©	16.15 / 55' / Lara Dance for Kids (5 - 8 Jahre)		12.00 / 60' Firmenfitness Intern			
18.15 / 45' / Sabina LES MILLS CORE	17.15 / 55' / Lara Dance for Kids (9 - 12 Jahre)	18.00 / 55' / Regula Antara Rücken Core ©	18.30 / 30' / Graziella LES MILLS GRIT CARDIO	17.45 / 55' / Sandy LES MILLS BODYPUMP		
19.15 / 55' Reto 	18.30 / 30' / Graziella LES MILLS GRIT ATHLETIC	19.15 / 55' / Patrizia LES MILLS BODYPUMP	19.15 / 55' / Filippa 			
20.30 / 60' Pole Fitness Zutritt nur mit Clever Special (Kurs) GÜLTIG	19.10 / 55' / Tiziana 		20.15 / 55' / Filippa LES MILLS BODYBALANCE		 Daten der Montagsstunden 22.8 / 5.9 / 19.9 / 3.10 / 17.10 / 31.10 / 14.11 28.11 / 12.12	
	20.15 / 55' / Filippa 					