

Kursplan

gültig ab 01.07.2016

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

10:00-11:30
belegt durch:
JM Art of
Self Defense



12:00
Mixed-Circle-
Training
Jan

18:30
Bauch,
Beine, Po

17:45
Functional
Cross-Workout
Jan

19:00
 ZUMBA
fitness
Hannah

19:00
 ZUMBA
fitness
Hannah

18:30-20:00
belegt durch:
JM Art of
Self Defense

19:00
 ZUMBA
fitness
Hannah

20:30
Mixed-Circle-
Training
Jan

clever
fit