

KURSPLAN FITNESS

Stand: 07.10.2021



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:30 - 10:00 Stretch & Koordination Timon		10:00 - 11:30 Pilates Sandra		9:30 - 10:00 Stretch & Koordination Timon	
		15:00 - 16:00 Fit + 50 Timon			11:30 - 12:30 ART BEAT Kick & Punch Ingo
18:00 - 19:00 ART BEAT Athletic & Performance Ingo	coming soon	18:00 - 19:00 ART BEAT Strengths & Skills (BBP) Ingo	18:00 - 19:00 ART BEAT Box & Yoga Ingo		
19:00 - 20:00 ART BEAT Box & Yoga Ingo	coming soon	19:00 - 20:00 ART BEAT Yin & Yan Ingo	19:00 - 20:00 ART BEAT Kick & Punch Ingo		