

KURSPLAN

START ab Montag, 04.09.17

MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG		
09:00 – 09:45	Pilates	Silvia	08:00 – 08:50	BUTI	Silvia	09:00 – 09:50	Stretch & Relax	Silvia	08:00 – 08:50	Cycling	Mary
10:00 – 10:50	Bauch Beine Po	Silvia	09:00 - 09:50	Vinyasa Flow Yoga	Silvia	10:00 – 10:50	Pilates	Silvia	09:00 - 09:55	deepWORK	Maike
11:00 – 11:50	Rückentraining	Silvia	10:00 – 10:50	Cycling	Mary	11:00 – 11:50	Bauch Beine Po	Silvia	10:00 – 10:50	Pilates	Maike
18:00 – 18:50	Rückentraining	Anna	17:00 – 17:55	Yoga	Mary	17:00 - 17:50	Bauch Beine Po	Jacek	17:00 - 17:50	BUTI	Silvia
19:00 – 19:55	Langhantel	Anna	18:00 – 18:50	ZUMBA	Galjia	18:00 – 18:50	Rückentraining	Jacek	17:00 - 17:50	Cycling	Ula
20:00 – 20:50	ZUMBA	Marlena	18:00 – 18:50	Cycling	Mary	19:00 – 19:50	Step Aerobic	Jacek	18:00 – 18:55	deepWORK	Ula
			19:00 – 19:50	Bauch Beine Po	Galjia	20:00 – 21:30	Vinyasa Flow Yoga	Darina	19:00 – 20:00	Yoga	Ula
18:00 – 18:50	Cycling	Alex	20:00 – 20:30	Stretch Xpress	Galjia						
19:00 – 19:50	Cycling	Alex									

FREITAG			SAMSTAG			SONNTAG		
08:00 – 08:50	Pilates	Natalia	11:00 – 11:55	deepWORK	Ula	10:00 – 10:50	Cycling	Mary
09:00 - 09:50	Bauch Beine Po	Natalia	12:00 – 12:50	Cycling	Ula	11:00 – 11:50	ZUMBA	Marlena
10:00 – 10:30	Stretch Xpress	Natalia						
			16:00 – 16:50	Pilates	Heidi	16:00 – 16:50	Bauch Beine Po	Anna
17:00 - 17:50	Cycling	Mary	17:00 – 18:00	Hatha Yoga	Heidi	17:00 – 17:50	Rückentraining	Anna
18:00 – 18:50	Cycling	Mary						
18:00 – 18:50	Bauch Beine Po	Anna						
19:00 – 19:50	Step Aerobic	Anna						

#pinkfrauenfitness

Work like a boss - Look like a queen!

Pink
FRAUEN FITNESS