

Kursplan / Fitness Room, Menden

Stand 10.01.2023

Mo	Di	Mi	Do	Fr	Sa	So
	Rücken-Fit					
	9.00 – 10.00					
Pilates						ZUMBA
10.00 – 11.00						10.30 – 11.30
Bodyforming		Bodystyling				
18.00 – 19.00		18.00 – 19.00				
Intervall Fatburner		Bauch X Press				
19.00 – 20.00		19.00 – 19.30				
	ZUMBA	STRONG	STRONG			
	19.30 – 20.30	19.30 – 20.30	19.30 – 20.30			