

KURSPLAN BRÜGGEN gültig ab 02. Mai 2022

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
	09:00 - 10:00 Bodytoning Melanie		09:00 - 10:00 Osteoletic Heidi	09:00 - 10:00 Hot Iron 1 Tracey	
		10:00 - 11:00 Bodyworkout Diana	10:00 - 11:00 Step-Workout Melanie	10:15 - 11:15 KORCE Tracey	
17:00 - 18:00 KORCE Tracey			17:00 - 18:00 KORCE Tracey		
18:15 - 19:15 Hot Iron 1 Tracey			18:15 - 19:15 Hot Iron 2 Tracey	18:00 - 18:45 Jumping Meike	
19:30 - 20:30 Strong Tracey	19:00 - 20:30 Yoga Giedre	18:00 - 18:45 Jumping Ines	19:30 - 20:30 Strong Tracey		
20:00 - 21:00 Cycling Mareike	19:30 - 20:30 Cycling Patrick	19:00 - 20:00 Bodyworkout Ines	19:00 - 20:00 Cycling Andre		