

KURSPLAN SCHWALMTAL gültig ab 02. Mai 2022

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	09:00 - 10:30 Yoga Marina	09:00 - 10:00 Osteoletic (in Brüggen) Heidi	09:00 - 10:00 Rückenfit Anke	
10:00 - 11:00 Bodyworkout Marcel				
18:00 - 19:00 Rücken/Bauch Ines	18:00 - 19:00 Jumping Tanja	17:00 - 18:00 KORCE Tracey	18:00 - 19:00 Jumping Meike	
19:00 - 20:00 Jumping Ines	18:00 - 19:00 Pilates Martina	18:15 - 19:15 Hot-Iron 1&2 (im Wechsel) Tracey	19:00 - 20:00 Bodyworkout Melanie	
20:00 - 21:00 Powerstunde Marcel	19:00 - 20:00 Rückenfit Anke	19:30 - 20:30 Strong Tracey	19:15 - 20:00 Spinning H. W.	
	19:15 - 20:15 Spinning H. W.	19:30 - 21:00 Yoga Sandra	20:15 - 20:45 Bauch & Stretch Melanie	