

KURSPLAN BRÜGGEN gültig ab Oktober 2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
09:15 - 10:15 Osteoletic Melanie	09:00 - 10:00 Bodytoning Melanie			09:00 - 10:00 Hot Iron 1 Tracey	
	10:00 - 11:00 Step-Workout Melanie	10:00 - 11:00 Bodyworkout Diana		10:15 - 11:15 Mobility Flow Tracey	10:30 - 11:30 Cycling Mareike <i>(nach Monatsplanung /siehe App)</i>
17:00 - 18:00 Mobility Flow Tracey			17:00 - 18:00 Mobility Flow Tracey		
18:15 - 19:15 Hot Iron Cross Tracey	18:00 - 19:00 Fitness-Cycling Andre	18:00 - 19:00 Rückenfit Tatjana	18:15 - 19:15 Hot Iron 1 Tracey		
19:30 - 20:30 Zumba Tracey	19:00 - 20:30 Yoga Giedre	19:00 - 20:00 Bodyworkout Ines	19:30 - 20:30 Strong Tracey		
	19:30 - 20:30 Cycling Patrick		19:00 - 20:00 Cycling Andre		