

Wochenplan Group Fitness



BODY BOOST

HOME OF HEALTH AND SPORTS

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00		Pilates					
9:30	Body Back					Yoga	
10:00					Yoga		
10:30							
11:00							
11:30							
12:00					Functional Circuit		
12:30							
17:30							
18:00	Pilates	Belly Boost					
18:30							
19:00			Yoga	Functional Circuit			
19:30							
20:00							
20:30							