

Group Fitness Programm

Montag	10.00-12.00	08:40	Strecking	Mojo	30	Arena
		09:15	Winyasa Yoga	Youngja	55	Arena
		09:30	F5 mit SP*	Mojo	55	Arena
		09:45	Latidance	Lutz / Jona	45	Arena
		09:50	DEEPWORK*	Oliver	55	Arena
		09:50	Winyasa Yoga	Youngja	55	Arena
Dienstag	10.00-12.00	08:45	TRX Suspension Training**	Leo	55	Arena
		09:30	M.A.S.T.*	Sarah	30	Arena
		09:45	Indoor JUMPING	Melanie	55	Arena
		09:55	Core	Sarah	30	Arena
		10.00-12.00	09:45	Strecking	Mojo	30
Mittwoch	10.00-12.00	08:45	DEEPWORK*	Oliver	55	Arena
		09:30	BODYFIT*	Simone	55	Arena
		09:50	Body Workout	Lutz	55	Arena
Donnerstag	10.00-12.00	09:00	Indoor JUMPING	Core	55	Jump
		09:30	Bewegung/Entstörung	Colby	55	Arena
		09:50	BODYPLAP*	Jessica	75	Arena
Freitag		08:45	Flow*	Colby	55	Arena
Samstag		09:00	Suplex Body Workout 75, BODYPLAP	TOBI	55	Arena
Sonntag		09:30	BODYPLAP*	Ulrich	75	Arena

* kostenpflichtig von 09:30 – 10:00 Uhr

 Reserviere dir deinen Platz in unserer App «Connection Wolfhuesen»
 Jetzt kostenlos downloaden
