

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
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DEIN FERIEN-PLAN ab 26.07.2021

					10.15-11.15 Sandras Rückenschule	
					11.30- 12.30 Sandras Full-Body-Power	

Online-Kurse gelb

Freezone Angebot grün

17:40 - 18:00 Quickie Arme	17:40 - 18:00 Quickie Brust	17:40 - 18:00 Quickie Bauch 1	17:40 - 18:00 Quickie Po	17:40 - 18:00 Quickie Bauch 2	15.40-16.00 Quickie Rücken	15:40 - 16:00 Quickie Beine
18:15 - 19:15 Natalie's Mixed-Motion	18:15 - 19:15 Irina's BBP					
		19.00- 20.00 Natalie's Body-Shape	19:00 - 20:00 Nicole's QiGong	19.00 - 20.00 Petra's Yoga- Entspannung		