

KURSPLAN ON ZOOM

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 - 09:55 Bodyshape Michelle	9.00 – 10.00 Pilates Petra	09:30 - 10:30 deepWork Eva Bolz	08:00 – 09:00 Pilates/Reha Rosi	9.00 – 10.00 Workout Elfi		09:15 - 10:15 RückenFit Rupert
10:00 - 11:00 Yogilates Michelle	9.00 – 10.15 Yoga Alinement Rosi	10.00 – 11.00 Yoga Christina		10:45 - 11:45 Zumba Lisa		10:20 - 10:50 Faszien&Relax Rupert
11:05 - 12:05 Zumba Lisa						
	18.00 – 19.00 Rückenfit Sabine			17.00 – 18.00 Rückenfit Rupert		
17:55 – 18:55 Rücken Workout Yvonne	19.00 – 20.00 Bodypump Sabine	18.00 – 19.00 Pilates Petra		18.00 – 19.00 Bodypump Rupert		
18.00 – 19.00 Yoga Christina	18.25 – 19.25 Insideflow Yoga Rosi	19.00 – 20.00 Intervall-Workout Petra	19.40 – 21.10 Yoga Michelle			

Ab 01.01.22



Fit-4-Friends
Ebersberg
Speedfitness
Wasserburg