

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 Alignment
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

17:55 – 18:55
Rücken Workout
Yvonne

18.00 – 19.00
Rückenfit
Sabine

18.00 – 19.00
Pilates
Petra

17.00 – 18.00
Rückenfit
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 14.10.2021



Fit-4-Friends Ebersberg

Speedfitness Wasserburg