

Öffnungszeiten & Sonderkursplan

Donnerstag, 21.05. 2020 10-18 Uhr

- 10:30 -11:15 Indoor - Cycling Tjark
- 10:30 - 12:00 inside flow yoga Sylvia
- 11:30 - 12:00 CXworx Nicola
- 11:30 - 12:15 indoor cycling Tjark
- 12:15 - 13:15 Bodycombat Nicola
- 12:30 - 14:00 Antara Tjark

Sonntag, 31.05.2020 10-18 Uhr

- 10:30 – 11:15 Indoor - Cycling Moni
- 11:30 – 12:15 Indoor – Cycling Moni
- 12:30 – 13:15 Indoor – Cycling Moni
- 11:30 – 12:30 Bodypump Kristin
- 12:45 – 13:15 CXWorx Kristin
- 13:00 – 14:00 deepwork Sylvia
- 14:15 – 15:45 inside Flow Yoga Sylvia

Montag, 01.06.2020 10-18 Uhr

- 10:30 – 11:15 Fatburner – Step Brenda
- 11:30 – 12:30 Workout Brenda
- 11:30 – 12:15 Indoor – Cycling Tjark
- 13:00 – 14:00 Cross-Workout Chris
- 12:30 – 13:15 Indoor – Cycling Tjark
- 13:30 – 15:00 Antara Tjark

Wir wünschen Euch schöne Feiertage!