SUPERFIT

STEGLITZ WOMEN

KURSPLAN

GÜLTIG AB **01.06.2023**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
SUPERFIT BAUCH BEINE PO 09:00 - 09:45						
TEAMTRAINING RÜCKEN 10:00 - 10:50						
					ZUMBA FITNESS ZUMBA 11:00 - 11:45	
					SUPERFIT BAUCH BEINE PO 12:00 - 12:50	ZUMBA FITNESS ZUMBA 12:00 - 12:45
						SUPERFIT BAUCH BEINE PO 13:00 - 13:50
			ZUMBA FITNESS ZUMBA 17:00 - 17:45			
ZUMBA FITNESS ZUMBA 18:00 - 18:45	SUPERFIT BAUCH BEINE PO 18:00 - 18:45	LESMILLS BODYATTACK 18:30 - 19:15	SUPERFIT BAUCH BEINE PO 18:00 - 18:50			
SUPERFIT BAUCH BEINE PO 19:00 - 19:50	SUPERFIT PILATES 19:00 - 19:50	ZUMBA FITNESS ZUMBA 19:30 - 20:20				