

SOLAVIDA

Montag

09:30 - 10:30
Rückenfitness

11:00 - 11:45
Rehasport

18:00 - 19:00
LES MILLS
BODYPUMP

19:15 - 20:15
INDOOR CYCLING
GROUP
Fartlek*

Dienstag

17:15 - 18:00
Rehasport

18:15 - 19:15
LES MILLS
BODYBALANCE

19:30 - 20:30
ZUMBA mit
Katrina

Mittwoch

09:30 - 10:30
Pilates

11:00 - 11:45
Rehasport

17:30 - 18:15
Rehasport

18:30 - 19:30
Rückenfitness

Donnerstag

09:30 - 10:30
Rückenfitness

11:00 - 11:45
Rehasport

18:00 - 19:00
LES MILLS
BODYPUMP

19:15 - 20:15
INDOOR CYCLING
GROUP

Freitag

09:30 - 10:30
LES MILLS
BODYBALANCE

16:30 - 18:00
SOLAVIDA
Martial arts

Samstag

11:30 - 12:30
ZUMBA mit
Katrina

follow us now

