

Body & Soul Fitness und Gesundheit GmbH

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Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:15-10:10 Fit Mix	09:15-10:10 Rückenfitness	09:15-10:15 Power Yoga	09:15-10:00 Muskel- kräftigung	09:15-10:15 Zumba		
			10:15-11:15 Nordic Walking		11:45-12:45 Bauch Beine Po	
17:00-17:50 Cross Fit		17:00-17:50 Cross Fit			13:00-14:00 Indoor Cycling	
18:15-19:10 Zumba	18:00-18:55 Indoor Cycling	18:00-19:00 Power Yoga	19:15-20:15 Indoor Cycling			
		18:00-19:00 Nordic Walking		19:15-20:05 Cross Fit		
19:15-20:10 Indoor Cycling	19:15-20:15 Bodyworkout & Stretch	19:00-20:00 Bauch Beine Po				

