

*Sei dabei!*

Unser Kursplan



**MO  
DI  
MI  
DO  
FR  
SA**

10:30-12:00 Uhr | Personal Training  
17:15 - 18:15 Uhr | Bungee All Level  
18:30-20:00 Uhr | Aerial Yoga All Level

11:15 -12:15 Uhr | Personal Training

11:00-12:00 Uhr | Personal Training  
16:00-20:00 Uhr | Karate Training

10:00-11:00 Uhr | Personal Training  
11:15-12:15Uhr | Personal Training  
18:00-19:15 Uhr | Yoga-Mix alle Level

11:00-12:00 Uhr | Personal Training

11:00-13.30 Uhr Einsteiger Aerialyoga  
1x p.m.  
11:00-13.30 Uhr Workshops