

KURSPLAN DITZINGEN

gültig ab 07.04.2025

POINT
sports.wellness.club

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
09:00 – 09:50 Wirbelsäule		09:00 – 09:50 BBP		09:00 – 10:00 Pilates
10:00 – 10:50 LES MILLS PILATES				10:05 – 11:05 Hatha Yoga
18:00 – 19:00 LES MILLS BODYCOMBAT	18:00 – 19:00 Vinyasa Yoga	18:00 – 19:00 LES MILLS BODYPUMP	17:30 – 18:30 LES MILLS BODYCOMBAT	18:00 – 19:00  ZUMBA FITNESS
19:10 – 20:10 LES MILLS BODYPUMP	19:10 – 20:00 Pilates	19:10 – 20:10  ZUMBA FITNESS	18:40 – 19:40 LES MILLS BODYPUMP	
20:20 – 21:00 Strech & Flex			19:50 – 20:50 LES MILLS BODYBALANCE	