

oase

KURSPLAN

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Sonntag

09:30
Indoorcycling

09:30
Indoorcycling

10:30
Flexx Training

10:40
Easy Pump

17:00
EASY HYROX

17:30
TRX

17:00
Intense Stretch
SIEHE DATUM

18:00
Full Body
Workout

18:00
Indoorcycling

17:30
Bauchkiller

15:40
Indoorcycling

17:30
HYROX

18:00
Jumping

18:30
HYROX

18:00
Zumba

17:00
Latino Dance

19:00
Indoorcycling

19:00
Aerial YOGA

18:00
Indoorcycling

19:00
Intense Stretch

18:00
Pilates Mix

19:10
Easy Pump

19:30
Indoorklettertraining

18:00
HYROX

19:15
Indoorcycling