

KURSPLAN

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Sonntag

09:30
Indoorcycling

09:30
Indoorcycling

10:30
Bauchkiller

17:00
HYROX

17:00
Aerial Yoga

16:15
HYROX

18:00
Full Body
Workout

18:00
Zumba

17:00
Easy HYROX

17:30
HYROX

18:00
Indoorcycling

18:00
Indoorcycling

18:00
Indoorcycling

18:00
Jumping

18:00
Pilates Mix

19:00
Jumping

18:30
HYROX

18:00
HYROX

19:00
Intense Stretch

19:00
Latino Dance

19:15
Indoorcycling