

Kursplan



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	10:00 - 10:45 Bodyforming		10:00 - 10:45 BBP (Bauch Beine Po)		
	15:00 - 16:00 Fit Kids Kurs		Uhrzeit ? Fit Kids Kurs		
		18:30 - 19:30 Nordic Walking			
19:00 - 19:30 Bauchkiller			19:00 - 19:30 Bauchkiller	19:00 - 19:45 Bodyforming	
19:30 - 20:30 Nordic Walking	19:30 - 20:30 Nordic Walking			19:30 - 20:30 Nordic Walking	
	19:30 - 20:30 Step and More				