

Mitglieder Kurse

Vormittag

MO

9:30 - 10:00

Faszienfitness (R1)

Elke Guderian

10:10 - 11:05

WOYO (R1) A

Elke Guderian

11:15 - 12:10

Entspannung (R1)

Elke Guderian

DI

10:35 - 10:55

Fasziendehnen (R1)

Elke Guderian

11:00 - 11:55

Pilates (R1)

Elke Guderian

MI

09:00 - 09:55

Fit-Mix (R1)

Elke Guderian

10:05 - 11:00

Rücken-Fit (R1)

Elke Guderian

DO

09:45 - 11:00

Cardio-Aktiv (R2)

Eva Rostohar

FR

Nachmittag

Abend

17:35 - 18:30

Rücken-Fit (R1)

Daniela Thiemann

17:00 - 17:55

Pilates (R1)

Elke Guderian

18:00 - 18:30

BBP (R1)

Marlen Westermann

