

# Mitglieder Kurse

Vormittag

## MO

9:30 - 10:00

**Faszienfitness** (R1)

Elke Guderian

10:10 - 11:05

**WOYO** (R1)

Elke Guderian

A

10:15 - 10:45

**Total Gym** (R3)

Marco Keller

11:15 - 12:10

**Entspannung** (R1)

Elke Guderian

Nachmittag

Abend

## DI

10:35 - 10:55

**Fasziendehnen** (R1)

Elke Guderian

11:00 - 11:55

**Pilates** (R1)

Elke Guderian

17:35 - 18:30

**Rücken-Fit** (R1)

Daniela Thiemann

## MI

09:00 - 09:55

**Fit-Mix** (R2)

Elke Guderian

10:05 - 11:00

**Rücken-Fit** (R1)

Elke Guderian

18:00 - 18:30

**BBP** (R1)

Marlen Westermann

19:00 - 19:30

**Total Gym** (R3)

Marco Keller

## DO

09:45 - 11:00

**Cardio-Aktiv** (R3)

Eva Rostohar

17:00 - 17:55

**Pilates** (R1)

Elke Guderian

## FR

