

FREIBURG SÜD

Start: 14. Oktober 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 09:20 Warm Up Choreo Julia		08:15 - 09:05 Wake Up Bettina	09:00 - 09:50 Pilates Susanne	08:30 - 09:20 Body Shape Julia		
09:30 - 10:20 Intervall Training Julia	10:00 - 10:50 Pilates Gabi	09:30 - 10:20 Yoga Anastasia	10:00 - 10:50 Wirbelsäulen Gym Susanne	09:30 - 10:20 Muscle Fire Julia	10:00 - 10:50 Joker Team	
10:30 - 11:20 Rückenfit+Mobility Julia				10:30 - 11:20 Rückenfit+Mobility Gabi	11:00 - 11:50 Joker Team	10:30 - 11:50 Yoga am Sonntag Anastasia/Nathalie
17:00 - 17:50 Easy Step Kirsten	NEU	17:00 - 17:50 Step Aerobic Kirsten		17:00 - 18:20 Vinyasa Yoga Anastasia		
18:00 - 18:50 Body Toning Kirsten	18:00 - 18:50 Muscle Fire Bettina	18:00 - 18:50 Body Toning Swetlana	18:00 - 18:50 Fit Mix Swetlana			
19:00 - 19:50 Latin Dance Camilo	19:00 - 19:50 ZUMBA® Olga	19:00 - 19:50 Pilates Swetlana	NEU 19:00 - 19:50 Body Style Iveta			
20:00 - 20:50 Hatha Yoga Nathalie	20:00 - 20:50 WORLD JUMPING® Jana	20:00 - 21:20 Power Yoga Manuel	20:00 - 20:50 Yoga Iveta	Anmeldung zu den Kursen via App oder unter www.sportprinz-fitness.de		