

Kursplan ab 21.Juni'21

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SONNTAG	
08:00 - 08:50	Rücken Aktiv	08:00 - 08:50	Functional Training	08:00 - 08:50	Rücken Aktiv	09:00 - 09:50	Yoga	08:00 - 08:50	Stark und beweglich	10:30 - 11:30	Full Body Workout
09:00 - 09:50	Rücken Aktiv	09:00 - 09:50	Functional Pilates					10:00 - 11:00	Walking Treff		
17:00 - 17:50	Titan Functional Fitness	17:00 - 17:45	Jumping Kids	18:00 - 18:50	Jumping	18:00 - 18:50	Functional Pilates	18:00 - 18:50	BodyCROSS®		
18:00 - 18:50	Titan X Dr.Wolff	18:00 - 18:50	FitDance X Zumba®	18:00 - 18:50	Titan Functional Fitness			18:00 - 18:50	Full Body Workout		
19:00 - 19:50	European Step®	19:00 - 19:50	Yoga	19:00 - 19:50	Dr. Wolff Functional			19:10 - 20:00	Jumping		
				19:00 - 19:50	Jumping						

Indoor

Indoor mit Livestream

Outdoor

VFT Kids