

Trainingszeiten

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08:00 - 10:00	08:00 - 10:00	08:00 - 10:00	08:00 - 10:00	08:00 - 10:00
10:00 - 13:00	Rückbildung 9:30 - 10:40 10:00 - 13:00	10:00 - 12:00	WioS 10:15 - 11:30 10:00 - 13:00	10:00 - 13:00
15:00 - 17:00	15:00 - 17:00	15:00 - 17:00	15:00 - 17:00	Babymassage 14:30 - 15:20 15:00 - 16:00
17:00 - 19:00 Yoga 18:30 - 20:00	17:00 - 19:00 BeBo 18:00 - 19:30 19:00 - 20:00	17:00 - 19:00	17:00 - 19:00	16:00 - 17:00
			19:00 - 20:00	17:00 - 19:00

Betreutes Training

Freies Training

Königinnen-Training

Kurse

Stand: Januar 2018