

MONTAG

08.30 - 09.00 POWER PLATE i

09.00 - 09.30 POWER PLATE G

18.00 - 18.30 POWER PLATE G

18.30 - 19.00 POWER PLATE i

DONNERSTAG

08.30 - 09.00 POWER PLATE G

09.00 - 09.30 POWER PLATE i

18.00 - 18.30 POWER PLATE G

18.30 - 19.00 POWER PLATE i

DIENSTAG

09.00 - 09.30 POWER PLATE G

09.30 - 10.00 POWER PLATE i

18.00 - 18.30 POWER PLATE G

18.30 - 19.00 POWER PLATE i

FREITAG

09.00 - 09.30 POWER PLATE G

09.30 - 10.00 POWER PLATE i

17.00 - 17.30 POWER PLATE G

17.30 - 18.00 POWER PLATE i

MITTWOCH

08.30 - 09.00 POWER PLATE i

09.00 - 09.30 POWER PLATE G

17.30 - 18.00 POWER PLATE G

18.00 - 18.30 POWER PLATE i

Wir bitten um Voranmeldung
24 Stunden vor Kursbeginn!

Dauer der Einheiten: 25 min.

G POWER PLATE Gruppe

i POWER PLATE individuell