

Kursmarathon 07.11.2021

Kursraum 1

Kursraum 2

10:00 - 10:15 Uhr
Warm Up

10:20 - 10:50
Rückenfit

10:20 - 10:50
Dance Workout

NEW

10:55 - 11:25
Hochintensives Intervalltraining

NEW

10:55 - 11:25
Dance Moves

11:30 - 12:00
Karate

11:30 - 12:00
Hoop In Workout

NEW

12:05 - 12:35
Frauen Workout

NEW

12:05 - 12:35
Indoor Cycling

12:35 - 13:00
Mittagspause - Imbiss

13:00 - 13:30
Pilates

13:00 - 13:30
Suprise

NEW

13:35 - 14:05
Zirkeltraining

NEW

13:35 - 14:05
Indoor Cycling

14:10 - 14:40
Männer Workout

NEW

14:10 - 14:40
Dance Moves

14:45 - 15:15
Pilates

14:45 - 15:15
Faszien Fit

