

Montag	Mittwoch	Donnerstag	Freitag
			Intervall 08.30 - 09.15
"blieb fit und mobil" Seniorentaining 11.00 - 12.00			Krafttraining Senioren 09.30 - 11.00
	Karate Kids (Academy Marx) 14.30 - 16.30		
	Fitness Boxen Kids 17.00 - 18.00		
Intervall 18.15 - 19.00	STRONG Nation 18.15 - 19.15	Indoor Bootcamp 18.00 - 19.15	Breakdance Kids 18.15 - 19.30 (nur bis 8.7.22)
Indoor Bootcamp 19.15 - 20.30	Pilates/Yoga 19.30 - 20.30	Fitness Boxen 19.30 - 20.30	