

KURSPLAN

RÖDERMARK

EASYFITNESS.club
L I F E S T Y L E & S P O R T

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00	RÜCKENFIT	PILATES Fusion		BodyPower	YOGA	BodyMotion	
10:00						PILATES	Pump Workout
11:15							Core Strength
17:00					POUND®		
18:00	YOGA	Pump Workout	Power Intervall	PILATES			
19:00	Sling Training	ZUMBA®	RÜCKENFIT	Pump Workout			

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