

Group Fitness 19.01.2019

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	Rücken-Fit 09:00 - 09:55	Deep Recovery 09:30 - 10:25		Pilates 09:00 - 09:55		
Pilates 10:00 - 10:55	Seniorentaining 10:00 - 10:55	Pilates 10:30 - 11:25	Rücken-Fit 10:00 - 10:55	Bodyforming 10:00 - 10:55	Pump 10:00 - 10:55	
Body Intense 14:00 - 14:55			Pilates 14:00 - 14:55			Yoga 10:30 - 11:55
Pilates 17:00 - 17:55						
Body Intense 18:00 - 18:55	Pilates 18:00 - 18:55	Power Yoga 18:00 - 18:55	Body Intense 18:00 - 18:55			
KickBox Condi. 19:00 - 19:55	Bodyforming 19:00 - 19:55		KickBox Condi. 19:00 - 19:55			



Training, Fitness und Therapie.
Gezielt, sicher, nachhaltig.

061 338 70 70
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