

Mo	Di	Mi	Do	Fr
09:30-10:30 Bodyshape	09:30-10:30 Mama-Baby-Fitness (10-18 Monate)	09:30-10:30 Starker Rücken		
	10:45-11:45 Mama-Baby-Fitness (5-9 Monate)			
			16:00-16:45 Jumping KIDS (4-6 Jahre)	15:30-16:30 Mama-Kind-Fitness (1,5-3 Jahre)
17:00-17:45 Jumping Teens (11-15 Jahre)			17:00-18:00 Jumping KIDS (7-10 Jahre)	
17:50-18:50 Jumping Fitness	18:30-19:30 Dance Fit	18:00-19:00 Jumping Fitness	18:30-19:30 Indoor Cycling	18:00-19:00 Bodyshape
19:00-20:00 Pilates	19:45-20:30 TRX Training	19:15-20:15 Yoga	19:45-20:30 TRX Training	19:05-19:35 Mobility & Stretching

KURSPLAN

Gültig ab 01.03.2023

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