

Kursplan Weilheim

Montag

09:15 – 10:45 Yoga Balance - Noel
18:00 – 19:00 Zumba – Vroni

Dienstag

09:15 – 10:15 Bodystyling – Pia
10:15 – 11:15 Functional-Zirkel - Pia
18:15 – 19:15 Bodystyling - Johanna
19:30 – 20:30 Indoor Cycling - Johanna
19:00 – 20:30 Hatha Yoga f. Anfänger -Noel

Mittwoch

18:00 - 19:00 StepWorkout – Eva
19:00 – 20:00 Pilates Stretch – Eva

Donnerstag

09:15 – 10:15 Rückenfitness - Pia
10:15 – 11:15 Core & Stretch - Pia
17:30 – 18:30 Zumba - Vroni
18:30 – 19:30 MaxxF – Lothar
19:00 – 20:30 Yoga f. geübte – Noel
19:45 – 20:45 Indoor Cycling - Lothar

Sonntag

**Bitte für die Kurse online
anmelden.**

www.sportstudio-guffanti.de

Kursplan Peißenberg

Montag

09:00 – 10:00 Step - Moni
10:00 – 11:00 Bodystyling – Moni
10:00 – 10:45 Aqua – Ashley
18:00 – 18:45 Aqua - Irmis
18:00 – 19:00 Rücken - Babsi
19:00 – 20:00 Langhantel - Babsi
19:30 – 20:30 Wave – Rudi

Dienstag

17:30 – 18:15 Aqua – Amelie
18:00 – 18:30 Bauch intensiv - Bibi
18:30 – 19:30 Workout – Bibi

Mittwoch

09:00 – 10:00 Rücken – Babsi
10:15 – 11:00 Aqua - Babsi
18:00 – 19:00 Cardio meets Core – Susi
18:15 – 19:00 Aqua – Ashley
19:00 – 20:00 Workout - Susi

Donnerstag

18:30 – 19:15 Aqua – Ashley
18:00 – 19:00 Pilates – Julia **NEU**

Freitag

09:00 – 10:00 Step - Moni
10:00 – 11:00 Bodystyling -Moni
10:00 – 10:45 Aqua - Ashley
17:30 – 18:30 Bosu Power - Bibi
18:30 – 19:30 Back & Stretch – Bibi
19:30 – 20:30 Wave – Rudi

Sonntag

09:00 – 10:30 Hatha-Yoga - Noel