

Kursplan Fitness-Studio Schmerer

Montag
9.00-10.00
Body Style

10.00-10.30
Stretching

18.00-19.00
Fatburner

19.00-20.00
Hot Iron

Dienstag

18.00-19.00
Fit Dance

Mittwoch

18.00-19.00
Body Move

19.00-19.30
Stretching

Donnerstag
8.45-9.45
BBP

9.45-10.45
Step Aerobic

10.45-11.15
Stretching

19.00-20.00
Fit Dance

