



STUNDENPLAN



AB 25. MAI 2022

MO	DI	MI	DO	FR	SA	SO
09:00-10:00 Full Body Workout				SPECIAL EVENTS + AUS- & FORT- BILDUNGEN	SPECIAL EVENTS + AUS- & FORT- BILDUNGEN	SPECIAL EVENTS + AUS- & FORT- BILDUNGEN
09:00-10:00 Full Body ONLINE	18:00-19:00 Functional Training	18:00-19:00 Waveletics®	18:00-19:00 Functional Training			
	19:00-20:00 Functional Training	18:00-19:00 Waveletics® ONLINE	19:00-20:00 Functional Training			
	17:30-21:00 Open Club	17:30-21:00 Open Club	17:30-21:00 Open Club			

06:00-22:00 Uhr

Personal Training auf Anfrage
Im Sportsclub THE BEACH NO.1 oder ONLINE