

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
09.00 - 10.00 BBP Training		08.00 - 09.00 Yoga 09.00 - 10.00 Zirkel Training		
18.30 - 19.30 BBP Training	18.00 - 19.00 HIIT Training (outdoor)		18.30 - 19.30 Yoga	18.00 - 19.00 HIIT Training (outdoor)

