# GRUPPENKURSE 

FITIM ALTER-
montag

$$
\begin{gathered}
\text { 9:00-10:00 } \\
\text { BOOTCAMP } \\
\text { 18:30-19:30 }
\end{gathered}
$$

## LANGHANTELTRAINING

16:15-17:15
KICKBOXEN
18:30-20:00

STABILISIERENDES KOORDINATIONSTRAINING 16:00-17:00

LANGHANTELTRAINING

> 17:00-18:00

ВООТСАМР
18:30-19:30

FREAKY FRIDAY FIRE
8:30-9:30

