

DAHME STRANDSPA

Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:00 Aqua Fit 15:00 Aqua Fit 18:00 Hot Iron	10:00 Fit in den Tag 18:00 Jumping 19:00 Yoga mit Steff	11:00 Aqua Fit 17:00 Summer Training 18:00 Hot Iron 18:00/19:00 Aqua Fit 19:00 Indoor Cycling	10:00 Aqua Fit 16:00 Rücken Fit 18:00 Boxtraining 19:00 Jumping	10:00 Fit in den Tag 17:00 Pilates