

GROUPFITNESS

AB 22.APRIL 2024

MONTAG

19:30 - 20:25
CARDIO BOX (TÔSÔ-X)

DIENSTAG

18:00 - 18:55
PUMP 'N' SHAPE
19:15 - 20:10
YOGA

MITTWOCH

18:30 - 18:55
MOBILITY
19:00 - 19:55
PUMP 'N' SHAPE
20:00 - 20:25
STRETCHING

DONNERSTAG

19:00 - 19:55
BREAKDANCE FITNESS

FREITAG

RUHETAG

SAMSTAG

10:00 - 10:55
CARDIO DANCE

*Pump Dienstags startet am 7.5.24

GOLD'S GYM BETTLACH

BUILT BY GOLD'S

