

SPEZIALPLAN

Januar 2026

04.01.2026

10:00 - 11:30

RÜCKENYOGA

BIRGIT | GYM 1

11.01.2026

10:00 - 11:00

RÜCKENFIT: Fokus "Nacken"

11:00 - 11:30

intensives Bauchtraining

Inkl. Stretching

ELA | GYM 1

18.01.2026

10:00 - 11:00

RÜCKENFIT: Fokus "Iliosalkrallengelenk"

11:00 - 11:30

intensives Bauchtraining

Inkl. Stretching

ELA | GYM 1

25.01.2026

10:00 - 11:00

RÜCKENFIT: Fokus "Schulter"

11:00 - 11:30

intensives Bauchtraining

Inkl. Stretching

ELA | GYM 1