

SPEZIALPLAN

September 2025

07.09.2025

RÜCKENYOGA

10:00 - 11:30

BIRGIT D. | Squash Court

14.09.2025

10:00 - 11:00

RÜCKENFIT

11:00 - 11:30*

HIT-Training

ELA | GYM 1

21.09.2025

RÜCKENYOGA

10:00 - 11:30

BIRGIT S. | GYM 1

28.09.2025

10:00 - 11:00

RÜCKENFIT

11:00 - 11:30*

intensives Bauchtraining

ELA | GYM 1

Inkl. Stretching