



STELLWERK

Therapie und Training

KURSPLAN

Montag

18:25 Funct.
Movement

Dienstag

08:50 Pilates

18:25 Zirkel
Vital 2.0

Mittwoch

17:10 Funct.
Movement

18:25 Neurac-
Training

Donnerstag

08:00 Zirkel
Vital 2.0

18:25 Zirkel
Vital 2.0

19:15 Pilates

Freitag