

# Vitalscheune Wunsiedel

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			17.30-18.30 Dance Workout		
	18.00 - 18.45 Mixed Fitness	18.00-19.00 BBP/Rücken	18.00 - 19.00 Power Workout	17.00-18.00 Qi Gong	Siehe Aushang
17.30 - 18.30 Pilates	17.45 - 18.45 World Jumping	19.00-19.30 Stretching	19.00-19.30 Bauch	18.00-19.00 Faszientraining	
18.30 - 19.30 Pilates	18.30 - 19.45 Indoor Cycling		19.30– 20.15 Maxx Vital		

