

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
			9.00 – 10.00 Pilates (online)	
12.00 – 13.00 Functional Training (online)				
	18.00 – 19.00 Faszien & Entspannung (online)	17.30-18.30 Functional Training (outdoor)		

Online Outdoor