

Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
Rehasport 08:30	Rehasport 09:00	Rehasport 09:00	Rehasport 08:15	Rehasport 09:00	Step 11:00
Rehasport 17:00	Bodymove 10:00		Working Women 09:30		
Rückenfit 18:00	Workout 10:45				
Indoor-Cycling 19:15	BBP 17:30	Rehasport 17:45	Yoga 17:30		
	Rehasport 18:15	Rehasport 18:45	Rehasport 18:45		



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