

VORLÄUFIGER CORONA KURSPLAN

VITALIS
Fitness in Trittau



vormittags / mittags

nachmittags / abends

MONTAG

9.30 - 10.30
workout
10.45 - 11.45
SOFT FITNESS

18.00 - 18.50
PILATES

19.00 - 20.15
CYCLING

DIENSTAG

9.00 - 10.00
Rücken Vital

10.00 - 11.00
PILATES

17.30 - 18.00
BBP

18.00 - 19.00
STEP AEROBIC

19.15 - 20.30
YOGA

MITTWOCH

9.30 - 10.30
BBRP
10.45 - 11.45
JUMPING LIGHT

18.00 - 18.50
CYCLING

19.00 - 20.00
PILATES

DONNERSTAG

9.00 - 10.30
YOGA

18.30 - 19.30
fit & box

19.45 - 20.30
LANGHANTEL workout

FREITAG

9.00 - 10.00
workout

10.00 - 10.45
stretch&relax

17.45 - 19.00
FLOW&RELAX YOGA

19.15 - 20.30
YIN&YANG YOGA

SAMSTAG

10.00 - 11.00
BodyFit

11.15 - 12.15
JUMPING FITNESS

SONNTAG

10.00 - 11.00
BBP

11.15 - 12.15
stretch&relax

UNSERE ÖFFNUNGSZEITEN

Montag - Freitag
8 - 22 Uhr

Samstag / Sonntag
9 - 18 Uhr