

Montag

08:15 – 09:15
by Anja



09:30 – 10:30
by Anja



10:30 – 17:15
Training & Beratung
nach Termin



SITT

Strength Intensiv Transformation Training

17:15 – 17:45



by Karina

19:00 – 19:55



by Karina

Dienstag

09:00 – 10:00
by Anja



10:00 – 16:00
Training & Beratung
nach Termin



SITT

Strength Intensiv Transformation Training

16:00 – 17:00
by Karina



17:00 – 18:00
by Anja



18:05 – 18:35



by Karina

Mittwoch

09:00 – 15:00
Training & Beratung
nach Termin



SITT

Strength Intensiv Transformation Training

15:00 – 15:45
by Karina



16:00 – 16:45
by Anja



17:00 – 18:00



BLACKROLL



by Karina

Donnerstag

09:00 – 10:00
by Karina



10:30 – 11:30
by Karina



11:30 – 17:15
Training & Beratung
nach Termin



SITT

Strength Intensiv Transformation Training

17:15 – 18:15



by Karina

20:00 – 21:00
(Greußen)



Freitag

09:00 – 14:30
Training & Beratung
nach Termin



SITT

Strength Intensiv Transformation Training

14:30 – 15:30
by Karina



16:00 – 16:55



by Karina



BALANCE

Preis für Ernährungsmedizin und Bewegung

Stand: 01.02.2017