



VIO SPORT & PHYSIO

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
		Buggy-Fit 09:30 - 10:30			
Rücken Fit 10:00 - 10:45					
	4D-Pro Mama Baby 10:30-11:30		Rücken Fit 10:30 - 11:15		Core-Stability 10:30 - 11:30
					Zirkeltraining 11:30 - 12:30
				4D-Pro Bungee 17:30 - 18:30	
		Core-Stability 18:00 - 18.:45			
4D-Pro Bungee 18:00 - 19:00	Yoga 18:00 - 19:30	4D-Pro Bungee 18:00 - 19:00	4D-Pro Bungee 18:00 - 19:00		
Strong-Nation 19:00 - 20:00		Bauchkiller 19:00- 19:20	Strong-Nation 19:00 - 20:00		