



sportspaß

WEIHNACHTEN WIRD SPORTLICH!

26.12.2025

CENTER HOKA

KURS	TRAINER*IN	GYM	UHRZEIT
Yin / Hatha Yoga 80 Minuten	Nadine V.	1	10:00
Cardiorobic 2	Katrin N.	2	10:00
deepWORK™	Steffi G.	4	10:30
Fatburner	Katrin N.	2	11:00
CBW	Steffi G.	4	11:30
Yogalates	Sabine J.	1	14:00
Bodyfit	Steffi D.	4	14:15
Tough Class	Sabine Schu.	1	15:00
BBRP	Steffi D.	4	15:15
CBW	Sabine Schu.	1	16:00
Dance'n'Fitness	Larissa B.	3	17:15
deepWORK™	Larissa B.	3	18:15