

BODY UP



**BODY UP
STUDIOS**

Online-Kursplan 20.04.-01.05.2020

Ottobrunn (o) https://www.facebook.com/BodyUpOttobrunn/ https://www.instagram.com/bodyupottobrunn/	Sendling (s) https://www.facebook.com/BodyUpSendling/ https://www.instagram.com/bodyupsending/
Montag, 20.04.2020	
Petra (o)	18:00 - 18:30 Bauch-Beine-Po
Dienstag, 21.04.2020	
Martina (o)	10:00 - 10:30 Faszien Flow
Mittwoch, 22.04.2020	
Lucy (s)	09:30 - 09:50 High Intensity Training
Vicky (o)	18:00 - 18:30 Latin Dance
Donnerstag, 23.04.2020	
Juliane (o)	10:00 - 10:30 Wirbelsäule
Freitag, 24.04.2020	
Brigitte (o)	18:00 - 18:30 Hot Body
Montag, 27.04.2020	
Lucy (s)	09:30 - 09:50 High Intensity Training
Petra (o)	18:00 - 18:30 Wirbelsäule
Dienstag, 28.04.2020	
Martina (o)	Faszien Flow
Mittwoch, 29.04.2020	
Lucy (s)	09:30 - 09:50 High Intensity Training
Vicky (o)	18:00 - 18:30 Latin Dance
Donnerstag, 30.04.2020	
Gabi (o)	10:00 - 10:30 Core Workout
Freitag, 01.05.2020	
Gabi (o)	11:00 - 11:30 High Intensity Intervall