

# SOMMERKURSE 2021

**BBP (Health@Work Jérôme/Corinna)**

19.07 / 26.07 / 02.08 / 09.08 / 16.08 / 23.08

**Montag 18:00-19:00**

**Functional Training (Mariana)**

20.07 / 27.07 / 03.08 / 10.08 / 17.08 / 24.08

**Dienstag 09:00-10:00**

**Pilates (Romy)**

21.07 / 28.07 / 11.08

**Mittwoch 10:00-11:00**

**Pilates (Health@Work Linda)**

29.07 / 04.08 / 18.08 / 25.08

**Mittwoch 10:00-11:00**

**TRX (Health@Work Freud)**

21.07 / 28.07 / 04.08 / 11.08 / 18.08 / 25.08

**Mittwoch 18:00-19:00**

**Perfect Sculpt/Fatburner (Health@Work Linda)**

22.07 / 29.07 / 05.08 / 12.08 / 19.08 / 26.08

**Donnerstag 09:00-10:00**

**Zumba (Health@Work Malou)**

22.07 / 29.07 / 05.08 / 12.08 / 19.08 / 26.08

**Donnerstag 18:00-19:00**

**Pilates (Health@Work Tanja)**

16.07 / 23.07 / 30.07 / 06.08 / 13.08 / 20.08 / 27.08

**Freitag 17:30-18:30**

**Perfect Sculpt (Mariana)**

16.07 / 23.07 / 30.07 / 06.08 / 13.08 / 20.08 / 27.08

**Freitag 10:00-11:00**

**Schnupperkarte 12€/10er Karte 100€**