

Saal 1

	MO	DI	MI	DO	FR	SA	SO
07.00		bodyART/ HIIT			bodyART		
08.00	Rückenfit	Vinyasa Flow Yoga	Pilates		HIIT		bodyART
09.00	HIIT	Pilates	deep WORK	Step & Tone	Pilates	deep WORK	Body Toning
10.00	Pilates	Rückenfit	Zumba	Rückenfit	BBPo	Pilates	Pilates
11.00	Tai Chi		Rückenfit	Vinyasa Flow Yoga	Rückenfit	Hatha Yoga	
16.30	Rückenfit	HIIT			FREEK Step Power		
17.30	Dance Step	17:45 Pilates	Rückenfit	Fatburning	FREEK Step Fun		18:00 Vinyasa Flow Yoga
18.30	Body Toning	18:45 Fight & Tone	deep WORK	Functional Body	Vinyasa Flow Yoga		
19.30	Salsation		Power Pump	Faszien Yoga			

Alle Einheiten ohne Zeitangabe dauern 60 Minuten.

Saal 2

	MO	DI	MI	DO	FR	SA	SO
07.00							
08.00			Dynamic Power				
09.00	Hatha Yoga	BBPo	Smovey Fit		Faszien Yoga	Dance Step	
10.00	Pilates	Easy Step	Vinyasa Flow Yoga	Faszien Pilates	FREEK Step Fun	Pilates	
11.00							
12.00							
13.00							
14.00							
15.00							
16.30					Faszien Pilates		
17.30		17:45 Dynamic Power	Anusara Yoga		Dynamic Power		17:00 Body Toning
18.30	bodyART	18:45 Dance	Salsation	Cardio toning			
19.30		19:45 Port de Bras		BBPo & Stretch			

Unsere Stunden finden ab vier TeilnehmerInnen statt.

Indoor Cycling / Functional Circle

	MO	DI	MI	DO	FR	SA	SO
07.00							
08.00	Indoor Cycling	Functional Circle		7:50 Indoor Cycling	Indoor Cycling	Functional Circle	
09.00		Indoor Cycling		Functional Circle		Indoor Cycling	
10.00							
11.00							
16.30							
17.30	Functional Circle						
18.30	18:00 Indoor Cycling	Indoor Cycling	Functional Circle	18:00 Indoor Cycling			
19.30	18:30 BootCamp Teens (13-15)		Indoor Cycling				

Bitte um Anmeldung.