

Groupfitness ab 06. Juni 2021

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00	HIIT	BODYART	Pilates	Crosstraining	DEEPWORK	Crosstraining	
08:30							
09:00	Pilates	BBP	DEEPWORK	Faszien Pilates	BODYART medical	DEEP WORK XPRESS	Bodytoning
09:30						Pilates	
10:00	Rückenfit	Rückenfit	Yoga	Rückenfit	Burn & Tone	Yoga	Pilates
10:30							
11:00							

16:30				Fatburning	Yogalates
17:00	DEEPWORK XPRESS	Pilates	Rückenfit		
17:30	Crosstraining			Functional Body	Step 1
18:00		Crosstraining	BBP		
18:30	Pilates			Step 3	
19:00			Pump		
19:30				Yoga	

Spinningkurse:	
Dienstag	09:00
Donnerstag	18:00
Samstag	09:00

