

Groupfitness ab 11.Oktober 2021

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00					DEEPWORK		
07:30							
08:00	HIIT	BODYART	Pilates	Crosstraining	HIIT	Crosstraining	
08:30							BBP
09:00	Pilates	BBP	DEEPWORK	Faszien Pilates	BODYART medical	DEEP WORK XPRESS	
09:30							Pilates
10:00	Rückenfit	Rückenfit	Yoga	Rückenfit	Burn & Tone		
10:30						ZUMBA®	Yoga
11:00							

16:30				Fatburning	Step 1
17:00	Crosstraining	Pilates	tsar® - Rückenfit		
17:30				Functional Body	Yogalates
18:00	Pilates	DEEPWORK XPRESS	BBP		
18:30		Crosstraining		Step 3	
19:00	Fight & Fun		Pump		
19:30				Yoga	
20:00					
20:30					

Burn & Tone
tsar® - Rückenfit

Indoor Cycling:	
MO	18:00
DI	09:00
DI	18:30
SA	09:00

