

Sommerplan Groupfitness - ab 30.05.2022

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

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

Indoor Cycling:	
DI	09:00

