

Groupfitnessplan ab 15. Oktober 2022

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00					DEEPWORK		
07:30							
08:00	HIIT	全部 BODYART [®] strength	Pilates	Crosstraining	HIIT	Crosstraining	
08:30							BBP
09:00	Pilates Flow	BBP	DEEPWORK	Faszien Pilates	全部 BODYART [®] medical	DEEPWORK xpress	
09:30						全部 BODYART [®] medical	Pilates
10:00	Rückenfit	Rückenfit	Yoga	Rückenfit	Burn & Tone		
10:30						ZUMBA	Yoga
11:00							

16:30				Fatburning	Step 1
17:00	Crosstraining	Pilates Flow	tsar - Rückenfit		
17:30				Functional Body	Yogalates
18:00	全部 BODYART [®] medical	DEEPWORK xpress	BBP		
18:30		Crosstraining		Step 2 - 3	
19:00	Fight & Fun		ZUMBA		
19:30		全部 BODYART [®] stretch		Yoga	
20:00					
20:30					



Spinningkurse:	
Dienstag:	09:00
	18:30
Donnerstag:	09:30
	18:30
Samstag:	09:00

Body & Mind
Ausdauer
Kräftigung