

Group-Fitness Plan Änderungen

Kalenderwoche 23 (03.06.19-09.06.19)

femmefitness

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------------|----------------------------------|--------------------------|----------------------|---------------|-------------------|----------------------|----------------------|
| 07:30-08:30 | | | | | | | |
| 08:30-09:30 | Yoga | | Yoga | | Yin Yoga | | |
| 09:00-10:00 | | Zumba | | Bodywork | | | |
| 09:30-10:30 | Pilates | | Bodyshaping | | Pilates | Dynamic Core | |
| 10:00-11:00 | | Yoga & Stretch | | Rückenfit | | | |
| 10:30-11:30 | Rückenfit | | Rückenfit | | Bodyshaping | | BBP |
| 11:00-12:00 | | | | | | Dance & Six Pack | |
| 11:30-12:30 | 12:00-12:30 BE-BO (ungerade Wo.) | Spec. Pilates | BBP Fast 11:30-12:00 | Spinning | | | |
| 13:00-13:30 | | | | Balance | | | |
| 13:30-14:30 | | | | Pilates 50+ | | | |
| 14:30-15:30 | | | | Faszien Roll | | Spinning 14:00-15:00 | |
| 15:00-16:00 | | | | | BE-BO 16:00-16:30 | Hatha Yoga | Bodywork 16:00-17:00 |
| 16:30-17:30 | BBP | Rückenfit | | | Pilates | Zumba | |
| 17:00-18:00 | | | BBP | Rückenpilates | | | |
| 17:30-18:30 | Smovey | Zumba | | | Fatburner | | |
| 18:00-18:30 | | | | Sixpack | | | |
| 18:00-19:00 | | | Rückenfit | | | | |
| 18:30-19:30 | Total Body | Piloxing | | BBP | Yoga | | |
| 19:00-20:00 | | | deepWORK | | | | |
| 19:30-20:30 | Rücken & Bauch (ungerade Wo.) | Stretch bis 20:00 | | Dance Special | | | |