

SOMMER-GROUP-FITNESS Plan von 06.07.2020-06.09.2020

Kalenderwoche: 33 / 10.08.2020-16.08.2020

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Group-Fitness an ungeraden Wochen			Dance / Entfällt 08:30-09:30	femmefitness		
Yoga 08:30-09:30		Yoga/Angelika 08:30-09:30	Bodywork 09:30-10:30	Yin Yoga 08:30-09:30		
Pilates 09:30-10:30	Zumba 09:00-10:00	Bodyshaping 09:30-10:30	Rückenfit 10:30-11:30	Pilates/Eva 09:30-10:30	Dynamic Core 09:30-11:00	
Rückenfit 10:30-11:30	Yoga & Stretch 10:00-11:30	Rückenfit 10:30-11:30	Spinning 11:30-12:30	Bodyshaping 10:30-11:30	Dance & Six-Pack 11:00-12:30	BBP/Laura 10:30-11:30
	Pilates Barre 11:30-12:00		Pilates 50+ 13:00-14:00			Yoga 11:30-13:00
			Smovey 14:00-15:00		Spinning/Entfällt 14:00-15:00	
						Bodywork 15:00-16:00
BBP 16:30-17:30	Rückenfit 16:30-17:30	Rückenpilates/Laura 16:30-17:30	Rückenfit/Uschi 16:30-17:30	Pilates 16:30-17:30	Zumba 16:30-17:30	
Zumba 17:30-19:30	Smovey/Entfällt 17:30-18:30	Total Body 17:30-18:30	Tabata/Laura 17:30-18:30	BBP 17:30-18:30		
Fatburner 18:30-19:30	Piloxing 18:30-19:30	Power Sculpt 18:30-19:30	Zumba strong/ Silvia 18:30-19:30	Yoga 18:30-19:30		
Yoga 19:30-20:30	Stretch 19:30-20:00	Six-Pack 19:30-20:00				