

# SOMMER-GROUP-FITNESS Plan / Kalenderwoche 32

Von 03.08.2020-09.08.2020

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>Group-Fitness an geraden Wochen</b>			<b>Dance Fit</b> 08:30-09:30	<b>femmefitness</b>		
<b>Yoga</b> 08:30-09:30		<b>Yoga/Angelika</b> 08:30-09:30	<b>Bodywork</b> 09:30-10:30	<b>Yin Yoga</b> 08:30-09:30		
<b>Pilates</b> 09:30-10:30	<b>Zumba</b> 09:00-10:00	<b>Bodyshaping</b> 09:30-10:30	<b>Rückenfit</b> 10:30-11:30	<b>Pilates</b> 09:30-10:30	<b>Dynamic Core</b> 09:30-11:00	
<b>Rückenfit</b> 10:30-11:30	<b>Yoga &amp; Stretch</b> 10:00-11:30	<b>Rückenfit</b> 10:30-11:30	<b>Spinning</b> 11:30-12:30	<b>Bodyshaping</b> 10:30-11:30	<b>Dance &amp; Six-Pack</b> 11:00-12:30	<b>BBP/Anna</b> 10:30-11:30
	<b>Pilates Barre</b> 11:30-12:00		<b>Pilates 50+</b> 13:00-14:00			<b>Yoga</b> 11:30-13:00
			<b>Smovey</b> 14:00-15:00		<b>Hatha Yoga</b> 14:00-15:00	
						<b>Bodywork</b> 15:00-16:00
<b>BBP</b> 16:30-17:30	<b>Rückenfit</b> 16:30-17:30	<b>Rückenp./Elwira</b> 16:30-17:30	<b>Rückenfit/Uschi</b> 16:30-17:30	<b>Pilates</b> 16:30-17:30	<b>Zumba</b> 16:30-17:30	
<b>Zumba</b> 17:30-19:30	<b>Boot Camp</b> 17:30-18:30	<b>Total Body</b> 17:30-18:30	<b>Tabata</b> 17:30-18:30	<b>BBP</b> 17:30-18:30		
<b>Hula-Hoop</b> 18:30-19:30	<b>Piloxing</b> 18:30-19:30	<b>Power Sculpt</b> 18:30-19:30	<b>80's Aerobic</b> 18:30-19:30	<b>Yoga</b> 18:30-19:30		
	<b>Stretch</b> 19:30-20:00	<b>Six-Pack</b> 19:30-20:00	<b>Yoga</b> 19:30-20:30			