

GROUP-FITNESS Plan

Kalenderwoche 42 gerade Woche/ von 12.10.2020-18.10.2020

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Yoga 08:30-09:30	Zumba 09:00-10:00	Yoga 08:30-09:30	Dance Workout 09:00-10:00	Yin Yoga 08:30-09:30	Dynamic Core 09:30-11:00	
Pilates 09:30-10:30	Yoga & Stretch 10:00-11:30	Bodyshaping 09:30-10:30	Rücken & Stretch 10:00-11:00	Pilates 09:30-10:30	Dance & Six-Pack 11:00-12:30	BBP 10:30-11:30
Rückenfit 10:30-12:00	Pilates Barre 11:30-12:30	Rückenfit 10:30-11:30	Core Express/ Elwira 11:00-11:30	Bodyshaping 10:30-11:30	Spinning 12:30-13:30	Yoga/Stefanie 11:30-13:00
			Spinning Entfällt 11:30-12:30			
			Pilates soft 13:00-14:00			Six-Pack 16:00-16:30
BBP 16:30-17:30	Core & Stretch 16:30-17:30	Rückenpilates 16:30-17:30	Smovey 14:00-15:00	Pilates 16:30-17:30	Zumba 16:30-17:30	Bodywork 16:30-17:30
Zumba 17:30-18:30	Boot Camp 17:30-18:30	Total Body 17:30-18:30	Rückenfit 16:00-17:00	BBP 17:30-18:30		
Hula-Hoop 18:30-19:30	Piloxing 18:30-19:30	Power Sculpt 18:30-19:30	Tabata/Laura 17:00-18:00	Yoga 18:30-19:30		
Yoga 19:30-20:30	Six-Pack 19:30-20:00	Stretch 19:30-20:00	Hawaiian Dance/Laura 18:00-19:00			
			Yoga 19:00-20:30			