

GROUP-FITNESS Plan

Kalenderwoche 44 / gerade Woche / 26.10.2020-01.11.2020

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Feiertag 10:00-18:00 Uhr geöffnet	Zumba 08:30-09:15	Yoga 08:30-09:30		Yin Yoga 08:30-09:30	Dynamic Core 09:30-11:00	Feiertag 10:00-18:00 Uhr geöffnet
	Zumba 09:15-10:00		Dance Workout 09:00-10:00			
BBP 10:30-11:30	Yoga & Stretch 10:00-11:00	Bodyshaping 09:30-10:15	Rücken & Stretch 10:00-11:00	Pilates 09:30-10:30	Dance & Six-Pack 11:00-12:30	BBP 10:30-11:30
Yoga 11:30-13:00	Pilates Barre 11:00-11:45	Rückenfit 10:15-11:00	Core Express 11:00-11:30	Bodyshaping 10:30-11:30	Spinning 12:30-13:30	Yoga 11:30-13:00
	Pilates Barre 11:45-12:30	Stretch your Limit 11:00-11:45	Spinning 11:30-12:30			
Six Pack 15:30-16:00			Pilates soft 13:00-14:00			Six Pack 15:30-16:00
Power Sculpt 16:00-17:00		Total H.I.I.T / Iris 15:30-16:30	Smovey 14:00-15:00			Power Sculpt 16:00-17:00
	Core & Stretch 16:30-17:30	Rückenpilates 16:30-17:30	BBP / Anna 15:00-16:00	Pilates 16:30-17:30	Zumba 16:30-17:30	
	Boot Camp 17:30-18:00	Total Body 17:30-18:30	Rückenfit 16:00-17:00	BBP 17:30-18:30		
	Piloxing 18:00-18:45	Bodywork 18:30-19:15	Tabata / Laura 17:00-18:00	Yoga 18:30-19:30		
	Piloxing 18:45-19:30	Power Sculpt 19:15-20:00	80's Aerobic / 18:00-19:00			
	Stretch 19:30-20:00		Yoga 19:00-20:00			