

GROUP-FITNESS Plan

Bitte beachten Sie auch die wechselnden Kurse pro Kalenderwoche

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Yoga 08:30-09:30	Zumba 08:30-09:15	Yoga 08:30-09:30	unger. WO Bodywork 09:00-10:00	Yin Yoga 08:30-09:30	Dynamic Core 09:30-11:00	
	Zumba 09:15-10:00		<u>gera. WO</u> Dance Workout 09:00-10:00			
Pilates 09:30-10:15	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
Rückenfit 10:15-11:00	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 11:00-11:45	Pilates Barre 11:45-12:30	Stretch your Limit 11:00-11:45	Spinning 11:30-12:30			
Rückenfit 11:45-12:30			Pilates soft 13:00-14:00			
Barre & Stretch 15:30-16:30		Total H.I.I.T 15:30-16:30	Smovey 14:00-15:00			Power Sculpt 16:00-16:45
BBP 16:30-17:30	Core & Stretch 16:30-17:30	Rückenpilates 16:30-17:30	BBP 15:00-16:00	Pilates 16:30-17:30	Zumba 16:30-17:30	Bodywork 16:45-17:30
Zumba 17:30-18:30	Boot Camp 17:30-18:00	Total Body 17:30-18:30	Rückenfit 16:00-17:00	BBP 17:30-18:30		
ungerade Wochen Fatburner 18:30-19:30	Piloxing 18:00-18:45	Bodywork 18:30-19:15	Tabata 17:00-18:00	Yoga 18:30-19:30		
gerade Wochen Hula-Hoop 18:30-19:30	Piloxing 18:45-19:30	Power Sculpt 19:15-20:00	80's Aerobic 18:00-19:00			
Yoga 19:30-20:30	Stretch 19:30-20:00		Yoga 19:00-20:00			