

GROUP-FITNESS Plan

Kalenderwoche 20 / gerade Woche / REOPENING 19.05.21

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		REOPENING 19.05.21		Yin Yoga 08:30-09:30	Dynamic Core 09:30-11:00	
		Yoga 08:30-09:30	<u>gera. WO</u> Dance Workout 09:00-10:00			
		Bodyshaping 09:30-10:15	Rücken & Stretch 10:00-11:00	Pilates 09:30-10:30	Dance & Six- Pack 11:00-11:45	BBP 10:30-11:30
		Rückenfit 10:15-11:00	Core Express 11:00-11:30	Bodyshaping 10:30-11:30	Dance & Six- Pack 11:45-12:30	Yoga 11:30-13:00
		Bodyshaping 11:00-11:45	Spinning 11:30-12:30		Spinning 12:30-13:30	
			Pilates soft 13:00-14:00			
			Smovey 14:00-15:00			Power Sculpt 16:00-16:45
		Rückenfit 16:30-17:30	BBP 15:00-16:00	Pilates 16:30-17:30	Zumba 16:30-17:30	Bodywork 16:45-17:30
		Total Body 17:30-18:30	Rückenfit 16:00-17:00	BBP 17:30-18:30		
		Bodywork 18:30-19:15	Tabata 17:00-18:00	Yoga 18:30-19:30		
		Power Sculpt 19:15-20:00	80's Aerobic 18:00-19:00			
			Yoga 19:00-20:30			