

GROUP-FITNESS Plan

Kalenderwoche 28 / gerade Woche / 12.07.21-18.07.21

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	The Mix & Core 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 11:00-11:30	Bodyshaping 10:30-11:30	Spinning 12:30-13:30	Yoga 11:30-13:00
			Spinning 11:30-12:30			
			Pilates soft 13:00-14:00			
			Smovey 14:00-15:00			Bodywork 16:00-17:00
BBP 16:30-17:30	Rückenpilates 16:30-17:30	Rückenfit 16:30-17:30	BBP 15:00-16:00	Pilates 16:30-17:30	Zumba 16:30-17:30	
Zumba 17:30-18:30	Piloxing SSP 17:30-18:30	Total Body 17:30-18:30	Rückenfit 16:00-17:00	BBP 17:30-18:30		
Fatburner 18:30-19:30	Piloxing Booty 18:30-19:00	Power Sculpt 18:30-19:45	Tabata 17:00-18:00	Yoga 18:30-19:30		
Yoga 19:30-20:30	Piloxing SSP 19:00-20:00		80's Aerobic 18:00-19:00			
			Yoga 19:15-20:45			