

GROUP-FITNESS Plan

Kalenderwoche 29 / ungerade Woche / 19.07.21-25.07.2021

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---|--|------------------------------------|---|-----------------------------------|--|--------------------------------|
| Yoga 08:30-09:30 | Zumba 09:00-10:00 | Yoga 08:30-09:30 | unger. WO Bodywork 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 09:30-10:15 | 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 10:15-11:00 | Core Express 11:00-11:30 | Bodyshaping 10:30-11:30 | | 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 | | | 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 | | |
| Zumba + Tabata in the Mix 18:30-19:30 | Piloxing Booty 18:30-19:00 | Bodywork 18:30-19:15 | Tabata 17:00-18:00 | Yoga 18:30-19:30 | | |
| Yoga 19:30-20:30 | Piloxing SSP 19:00-20:00 | Power Sculpt 19:15-20:00 | 80s Aerobic 18:00-19:00 | | | |
| | | | Yoga 19:15-20:15 | | | |