

Group-Fitness
29.04. - 05.05.2024

Montag

07:00 - 08:00	60	Sunrise Yoga	Yasemin
08:30 - 09:30	60	BODYPUMP®	Ludwig
09:45 - 10:45	60	Cycling	Petra
13:30 - 15:00	90	Body fit + Chi Ball	Verena
17:15 - 18:15	60	BODYPUMP®	Tomi
18:30 - 19:30	60	BODYPUMP®	Tomi
19:45 - 20:45	60	Pilates	Christina

Dienstag

08:00 - 08:55	55	Step & Shape	fällt aus
09:00 - 09:30	30	Core Workout	Sarah
09:40 - 10:35	55	BODYART	Yasemin
11:45 - 12:15	30	Power Workout	Myriel
12:25 - 13:25	60	Yoga	Daniela
13:45 - 14:45	60	Pilates	Christina
17:55 - 18:25	30	M.A.X.®	Sarah
18:35 - 19:35	60	BODYPUMP®	Ludwig
19:45 - 20:45	60	Zumba®	Katja

Mittwoch

07:25 - 08:25	60	BODYPUMP®	Tomi
08:35 - 09:35	60	BODYPUMP®	Tomi
09:55 - 10:55	60	Yoga	Yasemin
12:15 - 13:15	60	Cycling	SOMMERPAUSE
18:15 - 19:15	60	Cycling	Dani
19:30 - 20:30	60	BODYPUMP®	Tomi

Donnerstag

09:00 - 09:30	30	POWER Nation	Sarah
09:35 - 10:05	30	M.A.X.®	Sarah
10:10 - 11:05	55	Bodyforming	Christina
12:15 - 12:45	30	Power Workout	Marco
18:45 - 19:40	55	Yoga	Christina
19:45 - 20:45	60	Yin Yoga	Christina

Freitag

08:30 - 09:15	45	HIIT	Veronika
09:20 - 10:15	55	Pilates	Christina
10:20 - 11:15	55	Rücken-Fit	Christina
13:30 - 14:30	60	Yoga	Daniela

Samstag

08:30 - 09:30	60	BODYPUMP®	Lisa
09:45 - 10:45	60	BODYPUMP®	Lisa

Sonntag

09:00 - 10:15	75	Cycling	Dennis
---------------	----	---------	--------