

Group-Fitness
06.05. - 12.05.2024

Montag

07:00 - 08:00	60	Sunrise Yoga	Yasemin
08:30 - 09:30	60	BODYPUMP®	Saskia
09:45 - 10:45	60	Cycling	Petra
13:30 - 14:30	60	Body fit	Daniela
17:15 - 18:15	60	BODYPUMP®	Lisa
18:30 - 19:30	60	BODYPUMP®	Tomi
19:45 - 20:45	60	Pilates	Christina

Dienstag

08:00 - 08:55	55	Step & Shape	Veronika
09:00 - 09:30	30	Core Workout	Veronika
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.®	Veronika
18:35 - 19:35	60	BODYPUMP®	Saskia
19:45 - 20:45	60	Zumba®	Katja

Mittwoch

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

Donnerstag

AUFFAHRT

09:00 - 10:00	60	Yoga	Christina
10:10 - 11:05	55	Bodyforming	Christina

Freitag

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

Samstag

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

Sonntag

09:00 - 10:15	75	Cycling	Claudia
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