

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

Kinderbetreuung: Dienstag bis Freitag 9:30 bis 12:30 Uhr

E Einsteiger A Alle F Fortgeschrittene

			06:45-07:45 Wake up Cycling A						06:45-07:45 Wake up Cycling A									
			09:45-10:45 Body Toning A						10:00-11:15 Body Pump™ & Stretch A						10:30-11:00 Bauch-Gesäß A			
			10:45-11:30 Qi Gong A			09:45-10:45 Rückenfit A						10:30-11:45 Yoga A			11:00-12:00 Aerobic-Mix A			
															13:30-14:15 Total Body Workout A			
17:15-18:00 Step A						17:00-17:45 Step E						17:15-17:45 BBP A		17:00-18:30 Yoga A		14:15-15:15 Step A		
18:00-18:45 Tai-bo Flexibar A	18:00-19:00 Total Body Workout Strech A	18:00-19:00 Cycling A	18:00-18:45 Rückenfit A		18:00-19:00 Cycling A	18:00-19:00 Core Performance A		18:00-19:00 Bodycombat™ NEU A	18:00-19:15 actiweight geschl. Kurs A	18:00-19:00 Cycling A	17:45-18:30 Step E		18:00-19:00 Cycling A	16:00-17:00 Zumba NEU A		16:00-17:00 Body Pump™ A		
18:45-19:30 Body Balance™ A	19:00-19:45 Pilates A	19:00-20:00 Cycling F	19:00-20:00 Step F	19:00-20:00 Body Balance™ A	19:00-20:00 Cycling A	19:00-20:00 Aerobic Dance A	19:00-20:00 Yoga A	19:00-20:00 Cycling F	19:05-20:05 Body Pump™ A	19:15-20:00 Zumba NEU A	18:30-19:15 Step F			17:05-18:05 Cycling A				
19:30-20:30 Step Workout A			20:00-20:45 Aerobic Dance A			20:00-21:00 Body Pump™ A		20:00-20:45 Pilates A		20:05-21:05 Body Balance™ A			19:15-20:00 Aerobic Dance A					
20:30-21:30 Body Pump™ A																		
R1	R2	R3	R1	R2	R3	R1	R2	R3	R1	R2	R3	R1	R2	R3	R1	R2		



FITNESS
Company