

Gym1

MONTAG

09:30	Dance Fitness	50	💚
10:30	Rückenfit	50	💚
14:00	Rehasport	45	💚
17:00	Jumping Fitness*	50	💚
18:00	BodyPump™ (LES MILLS)	60	💚
19:05	Zumba® Fitness	50	💚
20:00	# Yoga #	60	💚

Gym2

17:00	RückenStark	40	💚
17:45	B(auch) M(uss) W(eg)	10	💚
18:00	Tone&Booty	40	💚
18:40	free - lax (stretch&relax)	20	💚
19:10	Indoor Cycling*	60	💚

DIENSTAG

09:30	Body Shape	50	💚
10:30	Rehasport	45	💚
15:00	Rehasport	45	💚
16:00	Rehasport	45	💚
17:10	Jumping Fitness*	50	💚
18:10	Wirbelsäulengymnastik	50	💚
19:05	Rückenfit	50	💚
20:00	Rehasport	45	💚

17:00	Rehasport	45	💚
17:45	B(auch) M(uss) W(eg)	10	💚
18:05	free - Booty Boost	20	💚
18:30	Strong Nation™ (HIIT)	30	💚
19:05	Piloxing® Pilates&Boxing	50	💚
20:00	free -lax (Stretch&relax)	20	💚

MITTWOCH

09:30	Pilates	50	💚
11:00	Rehasport	45	💚
17:00	Pilates	50	💚
18:00	Pump by Che	50	💚
19:00	Jumping Fitness*	50	💚
20:00	# Fit & Form by Frieda #	60	💚

09:00	Indoor Cycling*	50	💚
10:00	free - lax (stretch&relax)	20	💚
10:30	Zumba®Fitness	50	💚
17:45	B(auch) M(uss) W(weg)	10	💚
18:10	Indoor Cycling*	50	💚
19:10	StepAerobic (Basic)	50	💚

DONNERSTAG

09:30	Body Shape	50	💚
10:30	free - lax (stretch&relax)	20	💚
15:45	Rehasport	45	💚
16:30	Rehasport	45	💚
17:20	Jumping Fitness*	50	💚
18:20	Tone&Booty	40	💚
19:05	Zumba® Fitness	50	💚
20:00	Rehasport	45	💚

08:30	Rehasport	45	💚
09:30	Rehasport	45	💚
10:30	Rehasport	45	💚
17:00	free - HIIT	40	💚
17:45	B(auch) M(uss) W(eg)	10	💚
18:10	Yoga	60	💚
19:20	Indoor Cycling*	60	💚

FREITAG

09:00	BodyBalance™ (LES MILLS)	50	💚
10:00	Qi Gong	50	💚
11:00	Rehasport	45	💚
12:00	Rehasport	45	💚
13:00	Rehasport	45	💚
17:00	StepAerobic (Choreo)	60	💚
18:20	TabataPump	50	💚

SAMSTAG

10:20	Jumping Fitness*	50	💚
11:20	BodyPump™ (LES MILLS)	40	💚

SONNTAG

10:00	Fatburner	50	💚
11:00	Pilates	50	💚

Gym1

10:00	RückenStark	30	💚
10:30	Zumba® Gold (easy)	40	💚
16:20	# Fit & Form by Frieda #	60	💚
17:30	Indoor Cycling*	40	💚

Gym2

10:20	Dance Fitness	60	💚
12:00	Indoor Cycling*	60	💚

Kursinfo Rückseite:
 Informiere dich über Workshops, Zeiträume der mit "# ... #" markierten Kurse oder Änderungen.
 *Alle Jumping & Indoor Cycling Kurse sind mit telefonischer Anmeldung am gleichen Tag.