

Gruppenkurse

Stand: Mai 2020

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 – 10:00 Bodyworkout	09:00 – 10:00 Bodypump	09:00 – 10:00 Bodypump	09:00 – 10:00 Pilates	09:00 – 10:00 Bodypump	11:00-12:00 Bodypump	12:30 – 13:30 Yoga
10:30 – 11:30 Rücken-Fit	10:30 – 11:30 Bodybalance	10:30 – 11:30 RückenFit	10:30 – 11:30 Yoga	10:30 – 11:30 Bodybalance		14:00 – 15:00 Zumba

17:00 – 18:00 Zumba	17:00 – 18:00 Rücken-Fit	17:00 – 18:00 Bodypump	17:00 – 18:00 Bodybalance	17:00 – 18:00 Zumba
19:30 – 20:30 Bodypump	19:30 – 20:30 Bodypump	19:30 – 20:30 Yoga	19:30 – 20:30 Bodypump	18:30 – 19:30 Zumba

Teamworkshops Draußen

Montag	Donnerstag
18:00 – 18:45 Freestyle	18:00 – 18:45 Freestyle

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