

Group Fitness

Montag

09:15 – 10:15	Funtone
18:00 – 18:55	Funtone
19:05 – 20:00	Body Pump
20:05 – 21:00	Pilates

Dienstag

09:15 – 10:15	Body Pump
18:15 – 19:10	Power Sling
19:15 – 20:10	Indoor Cycling*

Mittwoch

08:10 – 09:05	Power Sling
09:15 – 10:10	Indoor Cycling
18:30 – 19:25	Zumba
19:30 – 20:25	Body Forming

Donnerstag

09:15 – 10:15	Pilates
18:00 – 18:30	M.A.X.
18:35 – 19:30	Body Pump
19:35 – 20:30	Yoga

Freitag

08:10 – 09:05	Indoor Cycling*
09:15 – 10:15	Body Pump
18:00 – 18:55	Body Forming

Sonntag

08:20 – 09:15	Indoor Cycling*
09:30 – 10:30	Body Pump

*07.10.2019 bis 29.03.2020

Wir sind für Sie da.