



BODY MOVE GROUPFITNESS

MONTAG

09:00-10:00

10:10-11:10

12:15-13:05

18:00-18:30

18:40-19:40

ZUMBA

STRETCHING

BODY TONING

BAUCHKILLER

BOOST WORKOUT

DIENSTAG

8:30-9:30

9:40-10:40

12:15-13:15

18:00-19:00

19:10-20:10

PILATES

FIT AB 60

CYCLING

BBP

BODYART **ab 29.08.2022**

MITTWOCH

8:20-8:50

9:00-10:00

10:10-11:10

12:15-13:05

18:00-19:00

19:10-20:10

BAUCHKILLER

PUMP IT

SICHER GEHEN **ab 07.09.2022**

GENTLE YOGA **ab 07.09.2022**

PUMP IT

POWER PILATES

DONNERSTAG

8:10-9:00

9:10-10:10

10:20-11:20

18:00-19:00

19:10-20:10

BODYART

CIRCUIT TRAINING

CYCLING

TRX MIX

CYCLING

FREITAG

8:45-9:45

9:55-10:55

12:15-13:15

17:00-18:00

18:10-19:10

PUMP IT

RÜCKEN FIT

PUMP IT

YOGA **ab 29.08.2022**

BODY TONING

SAMSTAG

9:15-10:15

10:30-11:30

PILATES

CYCLING

SONNTAG

10:00-11:00

11:15-12:15

ZUMBA

CYCLING **ab 29.08.2022**