

## Groupfitness Kursangebot



ab 05. Oktober 2020

### Montag

09:00 - 09:55	<b>Fatburner</b>	Eveline
12:10 - 13:05	<b>Bodypump®</b>	Sandra
17:55 - 18:50	<b>Bodypump®</b>	Georg
19:00 - 19:55	<b>Tae Bo</b>	Musa
20:00 - 20:55	<b>Indoor Cycling</b>	Achim

### Dienstag

08:30 - 09:25	<b>Yoga</b>	Chantal
09:30 - 10:25	<b>Indoor Cycling</b>	Marcel F.
18:00 - 18:55	<b>Power Yoga</b>	Rinzin
19:00 - 19:55	<b>M.A.X.®/CXWORX®</b>	Rinzin
20:00 - 20:55	<b>Zumba®</b>	Eveline

### Mittwoch

08:45 - 09:40	<b>Bauch, Beine, Po</b>	Sandra
09:45 - 10:40	<b>bellicon® JUMPING</b>	Chantal
17:50 - 18:45	<b>Indoor Cycling</b>	Marcel H.
19:00 - 19:55	<b>Bodypump®</b>	Deborah
20:00 - 20:55	<b>Tae Bo</b>	Musa

### Donnerstag

08:30 - 09:25	<b>Pilates</b>	Michaela
09:30 - 10:25	<b>Bodypump®</b>	Sandra
18:30 - 19:25	<b>DeepWork®</b>	Rinzin
19:30 - 20:25	<b>Dancess</b>	Deborah

### Freitag

08:00 - 08:55	<b>Yoga</b>	Chantal
09:00 - 09:55	<b>Zumba®</b>	Eveline
18:15 - 19:10	<b>Indoor Cycling</b>	Marcel H.
19:30 - 20:25	<b>Fitness Boxen</b>	Georg

### Samstag

10:00 - 10:55	<b>M.A.X.®/CXWORX®</b>	Deborah
---------------	------------------------	---------

### Sonntag

10:00 - 10:55	<b>Bodypump®</b>	Team
---------------	------------------	------