


Groupfitness Plan ab 2. November 2020

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
					
Inside Yoga 09.00 / 55' Rachel	FunTone® 09.00 / 55' Rachel	Rücken Gym 09.00 / 55' Marina	ZUMBA® 09.00 / 55' Janick	Rücken Fitness 09.00 / 55' Rachel	
		ZUMBA® Gold 10.10 / 50' Janick	N E U Power Yoga 10.10 / 50' Stephe		N E U KW Power 09.30 / 60' Team
Antara 12.15 / 50' Andrea St.	Body Toning 12.15 / 50' Edith	Pilates 12.15 / 50' Milena	BodyArt / Power Yoga 12.15 / 50' Yvonne / Milena	M.A.X. & Core 12.15 / 45' René	
Body Forming +55 16.45 / 55' Andrea N.			Tai Chi 16.45 / 55' Corina		
Power Work 17.55 / 55' Edith	Tae Bo 2.0® 18.00 / 55' Axel	Power Work 18.00 / 55' Daniela	FunTone® 18.00 / 55' Rachel / Jasmin		
N E U Dancess 19.05 / 55' Dajana	Pilates 19.15 / 55' Sandra	ZUMBA® 19.15 / 55' Dajana		ZUMBA® 19.00 / 55' Dajana	
Faszien Yoga 20.10 / 55' Yvonne					