

## Groupfitness Kursangebot



**ab 10. Mai 2021**

### 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> ® Basic/Technik	Musa

### Dienstag

08:30 - 09:25	<b>Yoga</b>	Chantal
18:00 - 18:55	<b>Power Yoga</b>	Rinzin
19:00 - 19:55	<b>LM Core</b> ®	Rinzin / Deborah
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</b> ® Health	Chantal
19:00 - 19:55	<b>Bodypump</b> ®	Deborah
20:00 - 20:55	<b>Tae Bo</b> ® Basic/Technik	Musa

### Donnerstag

08:30 - 09:25	<b>Pilates</b>	Michaela
18:30 - 19:25	<b>DeepWork</b> ®	Rinzin

### Freitag

08:00 - 08:55	<b>Yoga</b>	Chantal
09:00 - 09:55	<b>Zumba</b> ®	Eveline

### Samstag

10:00 - 10:55	<b>LM Core</b> ®	Deborah
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### Sonntag

10:00 - 10:55	<b>Bodypump</b> ®	Team
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