

Groupfitness Kursangebot



ab 30. August 2021

Montag

09:00 - 09:55	Fatburner	Eveline
12:10 - 13:05	Bodypump ®	Sandra
17:55 - 18:50	Bodypump ®	Georg
19:00 - 19:55	Tae Bo ®	Musa

Dienstag

08:30 - 09:25	Yoga	Chantal
18:00 - 18:55	Power Yoga	Rinzin
19:00 - 19:55	M.A.X./CXWORX	Rinzin
20:00 - 20:55	Zumba ®	Eveline

Mittwoch

08:45 - 09:40	Bauch, Beine, Po	Sandra
09:45 - 10:40	bellicon ® Health	Chantal
19:00 - 19:55	Bodypump ®	Deborah
20:00 - 20:55	Tae Bo ®	Musa

Donnerstag

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

Freitag

08:00 - 08:55	Yoga	Chantal
09:00 - 09:55	Zumba ®	Eveline

Samstag

10:00 - 10:55	M.A.X./CXWORX	Deborah
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Sonntag

10:00 - 10:55	Bodypump ®	Team
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