

Groupfitness Kursangebot



ab 04. Oktober 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
20:00 - 20:55	Indoor Cycling	Achim

Dienstag

08:30 - 09:25	Yoga	Chantal
09:30 - 10:25	Indoor Cycling	Marcel F.
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® JUMPING	Chantal
17:50 - 18:45	Indoor Cycling	Marcel H.
19:00 - 19:55	Bodypump®	Deborah
20:00 - 20:55	Tae Bo	Musa

Donnerstag

06:30 - 07:25	Indoor Cycling	René
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
18:15 - 19:10	Indoor Cycling	Marcel H.

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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