

Groupfitness Kursangebot



ab 24. Oktober 2022

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. ® / LM Core ®	Rinzin
20:00 - 20:55	Zumba ®	Eveline

Mittwoch

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

Donnerstag

08:30 - 09:25	Body Toning Light	Sandra
09:35 - 10:30	Bodypump ®	Sandra
18:30 - 19:25	DeepWork ®	Rinzin
19:30 - 20:25	Dancess	Deborah

Freitag

08:00 - 08:55	Stretch & Faszien	Chantal
09:00 - 09:55	Zumba ®	Eveline
18:15 - 19:45	Indoor Cycling	Marcel H.

Samstag

10:00 - 10:55	M.A.X. ® / LM Core ®	Deborah
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Sonntag

10:00 - 10:55	Bodypump ®	Team
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