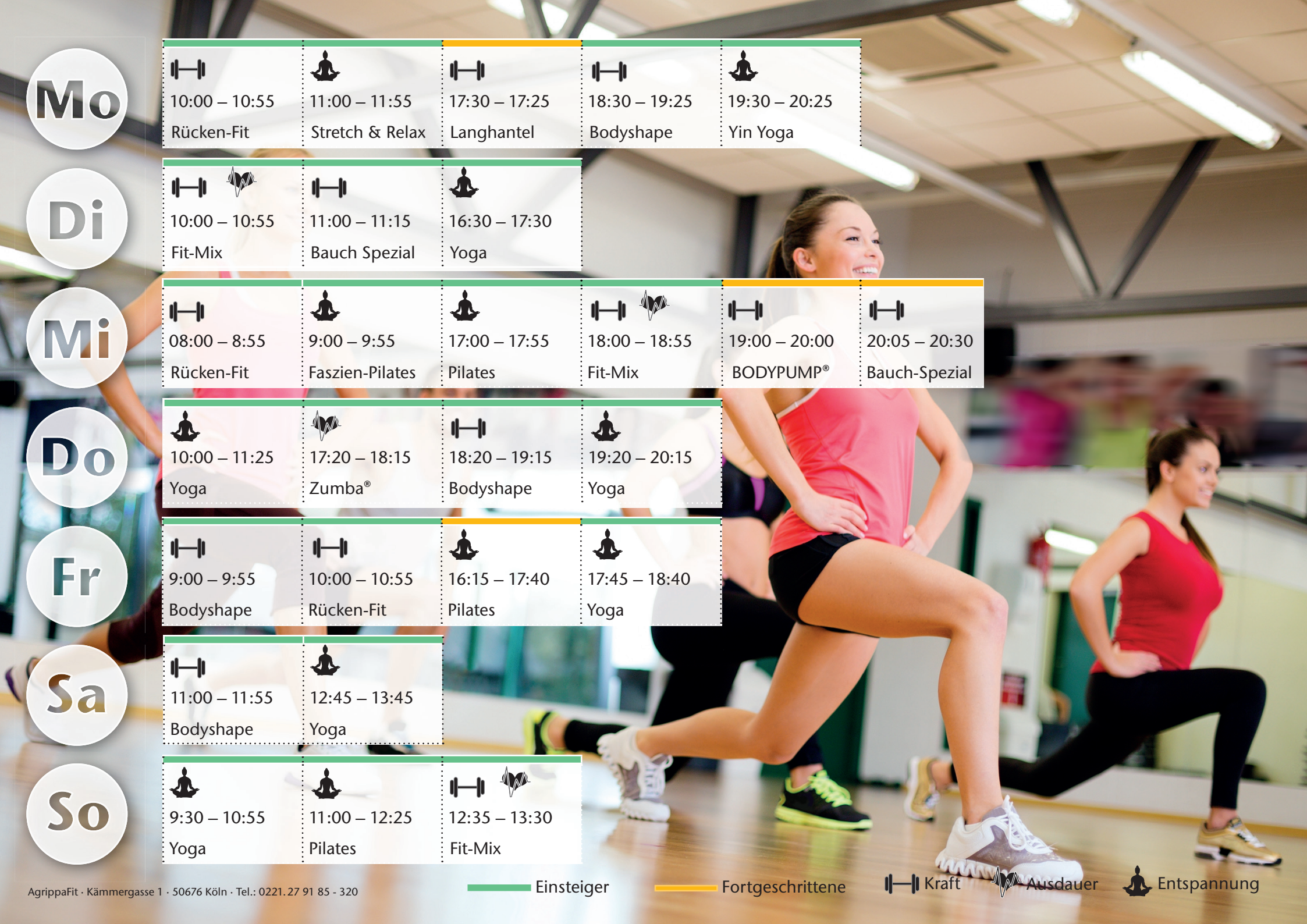

Mo

10:00 – 10:55	11:00 – 11:55	17:30 – 17:25	18:30 – 19:25	19:30 – 20:25
Rücken-Fit	Stretch & Relax	Langhantel	Bodyshape	Yin Yoga

Di

10:00 – 10:55	11:00 – 11:15	16:30 – 17:30
Fit-Mix	Bauch Spezial	Yoga

Mi

08:00 – 8:55	9:00 – 9:55	17:00 – 17:55	18:00 – 18:55	19:00 – 20:00	20:05 – 20:30
Rücken-Fit	Faszien-Pilates	Pilates	Fit-Mix	BODYPUMP®	Bauch-Spezial

Do

10:00 – 11:25	17:20 – 18:15	18:20 – 19:15	19:20 – 20:15
Yoga	Zumba®	Bodyshape	Yoga

Fr

9:00 – 9:55	10:00 – 10:55	16:15 – 17:40	17:45 – 18:40
Bodyshape	Rücken-Fit	Pilates	Yoga

Sa

11:00 – 11:55	12:45 – 13:45
Bodyshape	Yoga

So

9:30 – 10:55	11:00 – 12:25	12:35 – 13:30
Yoga	Pilates	Fit-Mix

Einsteiger · Fortgeschrittene · Kraft · Ausdauer · Entspannung

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