

# GRUPPENKURSE 21.05.2018 - 27.05.2018

FITORAMA

## Montag

### Pfingstmontag

09:45 - 10:45  
11:00 - 12:00

### Special mit Giorgia

YOGA  
BODYPUMP®

Raum I Giorgia  
Raum I Giorgia

## Dienstag

08:30 - 09:25  
12:00 - 13:00  
12:15 - 13:10  
17:30 - 18:00  
18:00 - 18:30  
18:30 - 19:25  
19:30 - 21:00

VITAL - FITNESS  
Outdoor Running  
TOSO X  
BODYATTACK®  
CXWORX®  
Pilates Mat  
Yoga

Raum I Daniel  
Outdoor Simone  
Raum I Chris  
Raum I Sophia  
Raum I Sophia  
Raum II Rahel  
Raum I Sudheesh

## Mittwoch

08:00 - 08:55  
09:00 - 09:55  
09:00 - 09:55  
12:15 - 13:10  
12:15 - 13:15  
17:15 - 18:00  
18:15 - 18:55  
18:00 - 19:00  
19:15 - 20:00

Pilates Allegro  
Pilates Allegro  
Rückenfit  
ZUMBA  
BODYPUMP®  
LES MILLS TONE®  
Beach Body Fit  
BODYBALANCE®  
TRX BOOTCAMP

Raum II Brigitte  
Raum II Brigitte  
Raum I Adrien  
Raum II Camila  
Raum I Andrea  
Raum I Gabi  
Raum I Florian  
Raum II Gabi  
Raum II Dario

## Donnerstag

08:30 - 09:25  
12:00 - 13:00  
12:15 - 13:10  
12:15 - 13:00  
14:15 - 15:10  
17:30 - 18:30  
18:30 - 19:25  
18:30 - 19:00

VITAL - FITNESS **NEUE ZEIT**  
Outdoor Running  
Pilates Mat  
TRX BOOTCAMP  
Pilates Allegro  
BODYATTACK®  
TOSO X  
CXWORX®

Raum I Evelyne  
Outdoor Simone  
Raum I Marcella  
Raum II Chris  
Raum II Brigitte  
Raum I Sophia  
Raum I Chris  
Raum II Sophia

## Freitag

07:30 - 08:25  
08:30 - 09:25  
09:30 - 10:25  
12:15 - 13:10  
12:15 - 13:10  
17:00 - 17:55  
18:00 - 19:00

Yoga **NEUE ZEIT**  
Rückenfit  
Toning/Dynamite Club  
BODYBALANCE®  
Pilates Allegro  
Pilates Mat  
BODYPUMP®

Raum II Sudheesh  
Raum I Nicole  
Raum I Nicole  
Raum I Giorgia  
Raum II Brigitte  
Raum I Adrien  
Raum I Adrien

## Samstag

10:00 - 11:00  
11:00 - 12:00  
12:00 - 12:30

BODYATTACK®  
BODYPUMP®  
Bauch Express

Raum I Sophia  
Raum I Sophia  
Raum II Sophia

## Sonntag

10:00 - 11:00  
11:00 - 12:00  
12:00 - 12:30

BODYATTACK®  
BODYPUMP®  
BODYBALANCE®

Raum I Sophia  
Raum I Giorgia  
Raum II Giorgia