

# GRUPPENKURSE 19.03.2018 - 25.03.2018

FITORAMA

## Montag

|               |                               |         |          |
|---------------|-------------------------------|---------|----------|
| 07:00 - 07:55 | Rückenfit                     | Raum I  | Simone   |
| 08:00 - 08:55 | Pilates Allegro               | Raum II | Brigitte |
| 09:00 - 09:55 | Toning                        | Raum I  | Adrien   |
| 10:00 - 10:55 | Pilates Mat                   | Raum I  | Adrien   |
| 12:15 - 13:10 | BODYPUMP®                     | Raum I  | Sibylle  |
| 12:15 - 13:00 | TRX CORE&STRETCH              | Raum II | Silke    |
| 17:30 - 18:30 | BODYBALANCE® <b>NEUE ZEIT</b> | Raum II | Gabi     |
| 17:30 - 18:25 | Power Hour                    | Raum I  | Chris    |
| 18:30 - 19:30 | BODYPUMP®                     | Raum I  | Giorgia  |

## Dienstag

|               |                 |         |          |
|---------------|-----------------|---------|----------|
| 08:30 - 09:25 | VITAL - FITNESS | Raum I  | Daniel   |
| 12:00 - 13:00 | Outdoor Running | Outdoor | Simone   |
| 12:15 - 13:10 | TOSO X          | Raum I  | Chris    |
| 17:30 - 18:00 | BODYATTACK®     | Raum I  | Samira   |
| 18:00 - 18:30 | CXWORX®         | Raum I  | Samira   |
| 18:30 - 19:25 | Pilates Mat     | Raum II | Rahel    |
| 19:30 - 21:00 | Yoga            | Raum I  | Susan S. |

## Mittwoch

|               |                 |         |          |
|---------------|-----------------|---------|----------|
| 08:00 - 08:55 | Pilates Allegro | Raum II | Brigitte |
| 09:00 - 09:55 | Pilates Allegro | Raum II | Brigitte |
| 09:00 - 09:55 | Rückenfit       | Raum I  | Adrien   |
| 12:15 - 13:10 | ZUMBA           | Raum II | Camila   |
| 12:15 - 13:15 | BODYPUMP®       | Raum I  | Andrea   |
| 17:15 - 18:00 | BODYVIVE®       | Raum I  | Gabi     |
| 18:15 - 18:55 | Beach Body Fit  | Raum I  | Florian  |
| 18:00 - 19:00 | BODYBALANCE®    | Raum II | Gabi     |
| 19:15 - 20:00 | TRX BOOTCAMP    | Raum II | Silke    |

## Donnerstag

|               |                 |         |          |
|---------------|-----------------|---------|----------|
| 08:00 - 08:50 | VITAL - FITNESS | Raum I  | Evelyne  |
| 12:00 - 13:00 | Outdoor Running | Outdoor | Simone   |
| 12:15 - 13:10 | Pilates Mat     | Raum I  | Marcella |
| 12:15 - 13:00 | TRX BOOTCAMP    | Raum II | Chris    |
| 14:15 - 15:10 | Pilates Allegro | Raum II | Brigitte |
| 17:30 - 18:30 | Fit-Gym         | Raum I  | Sonja    |
| 18:30 - 19:25 | TOSO X          | Raum I  | Chris    |
| 18:30 - 19:00 | BBP Express     | Raum II | Sonja    |

## Freitag

|               |                                 |         |          |
|---------------|---------------------------------|---------|----------|
| 08:00 - 08:55 | Yoga <b>NEUE ZEIT</b>           | Raum II | Susan S. |
| 08:30 - 09:25 | Rückenfit                       | Raum I  | Selina   |
| 09:30 - 10:25 | Toning/Dynamite Club <b>NEU</b> | Raum I  | Selina   |
| 12:15 - 13:10 | BODYBALANCE®                    | Raum I  | Giorgia  |
| 12:15 - 13:10 | Pilates Allegro                 | Raum II | Brigitte |
| 17:00 - 17:55 | Pilates Mat                     | Raum I  | Adrien   |
| 18:00 - 19:00 | BODYPUMP®                       | Raum I  | Adrien   |

## Samstag

|               |                             |         |                             |
|---------------|-----------------------------|---------|-----------------------------|
| 10:00 - 11:00 | <b>BODYATTACK®100 Party</b> | Raum I  | <b>FITORAMA Attack Team</b> |
| 11:00 - 12:00 | BODYPUMP®                   | Raum I  | Sophia                      |
| 12:00 - 12:30 | Bauch Express               | Raum II | Sophia                      |

## Sonntag

|               |                       |         |        |
|---------------|-----------------------|---------|--------|
| 10:00 - 11:00 | <b>BODYATTACK®100</b> | Raum I  | Sophia |
| 11:00 - 12:00 | BODYPUMP®             | Raum I  | Sophia |
| 12:00 - 12:55 | Bauch Express         | Raum II | Sophia |