

# GROUPFITNESS

13.11. - 19.11.2017

FITORAMA

## Monday

07:15 - 08:15	Yoga	Gym I	Nadine
08:15 - 08:45	Yin Yoga	Gym II	Nadine
09:00 - 09:55	Back Fitness	Gym I	Nadine
11:45 - 12:35	BODYPUMP	Gym I	Gabi
11:45 - 12:35	Yoga Advanced	Gym II	S. Nartana
12:40 - 13:30	BOP / ABT	Gym I	Cristina
12:40 - 13:30	Indoor Cycling	Gym II	Adrien
13:30 - 14:15	Pilates Mat	Gym I	Adrien
17:00 - 17:55	BODYPUMP	Gym I	Sylvie
17:00 - 17:30	GRIT Plyo	Gym II	Alejandro
17:30 - 17:55	Bauch / Abs Express	Gym II	Fränzi
18:00 - 18:55	Pilates Mat	Gym II	Rahel
18:00 - 18:55	Zumba	Gym I	Fränzi
19:00 - 19:30	BOP / ABT Express	Gym II	Fränzi
19:00 - 20:00	TôSô X®	Gym I	Katrin

## Tuesday

07:30 - 08:25	Pilates Mat	Gym II	Dominique
07:30 - 08:25	BODYPUMP	Gym I	Ulla
11:30 - 12:15	Bodytone	Gym I	Nadine
11:30 - 12:00	GRIT Cardio	Gym II	Alex
12:15 - 13:00	BODYSTEP	Gym I	Sylvie
12:15 - 13:00	Pilates Mat	Gym II	Adrien
13:00 - 13:40	BODYPUMP Express	Gym I	Adrien
13:00 - 13:30	BODYCOMBAT Express	Gym II	Ulla
17:00 - 17:55	Zumba	Gym II	Fränzi
17:00 - 17:55	BODYPUMP	Gym I	Alejandro
18:00 - 18:55	Pilates Mat	Gym I	Nadine
18:00 - 18:25	CXWORX	Gym II	Alejandro
18:30 - 19:25	Indoor Cycling	Gym II	Manuel
19:00 - 20:00	Boxing / FUNctional	Gym I	Andreas

## Wednesday

07:30 - 08:25	Qigong / Tai Chi	Gym I	Patrick
09:00 - 09:55	Back Fitness	Gym I	Nicole X.
11:30 - 12:15	BODYCOMBAT	Gym I	Sylvie
11:45 - 12:35	Yoga	Gym II	Sudheesh
12:15 - 12:45	CXWORX	Gym I	Nicolle
12:40 - 13:30	Indoor Cycling	Gym II	Andrea
12:50 - 13:40	BODYPUMP	Gym I	Nicolle
17:00 - 17:25	Bauch / Abs Express	Gym I	Frank
17:00 - 17:25	Faszientraining	Gym II	Karin
17:30 - 18:25	BodyART	Gym II	Frank
17:30 - 18:25	Dance Aerobics	Gym I	Jürgen
18:30 - 19:30	Yoga	Gym II	Sudheesh
18:30 - 19:25	BODYTONE	Gym I	Frank

## Thursday

07:15 - 08:15	Yoga	Gym I	Sudheesh
07:30 - 08:15	Indoor Cycling	Gym II	Lukas
11:30 - 12:15	Pilates Mat	Gym II	Alice
11:30 - 12:15	Easy Step & Sweat	Gym I	Nicole X.
12:15 - 13:00	BodyART	Gym II	Nadine
12:15 - 12:45	GRIT Plyo	Gym I	Sylvie
12:50 - 13:40	BODYPUMP	Gym I	Sibylle
13:00 - 13:30	Bauch / Abs Express	Gym II	Nadine
13:30 - 14:15	Yin Yoga	Gym II	S. Nartana
14:30 - 15:25	Yoga	Gym I	S. Nartana
17:00 - 17:30	GRIT Plyo	Gym I	Adrien
17:30 - 18:25	BOP / ABT	Gym I	Tamara
17:30 - 18:25	Pilates Back-Mix	Gym II	Nadine
18:30 - 19:25	Indoor Cycling	Gym II	Manuel
18:30 - 19:25	BODYPUMP	Gym I	Ulla

## Friday

07:15 - 08:00	Pilates Mat	Gym I	Dominique
09:00 - 09:55	Back Fitness	Gym I	Ivonne
11:30 - 12:15	BOP / ABT <i>Intensiv</i>	Gym I	Claudia
11:30 - 12:15	GRIT Cardio + Strength / Abs Express	Gym II	Nicolle
12:15 - 13:00	Pilates Back-Mix	Gym II	Nadine
12:15 - 13:15	BODYPUMP	Gym I	Nicolle
13:00 - 13:45	Indoor Cycling	Gym II	Andrea
13:15 - 14:15	Yoga	Gym I	Nadine
16:00 - 17:00	Yoga	Gym II	Dietmar
16:30 - 17:00	Bauch / Abs Express	Gym I	Fränzi
17:00 - 17:55	BODYPUMP	Gym I	Fränzi
18:00 - 19:00	Zumba	Gym I	Camila

## Saturday

10:00 - 11:00	Saturday Surprise mit CX+BODYCOMBAT	Gym I	Sylvie
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## Sunday

10:00 - 11:00	Sunday Surprise mit BODYPUMP	Gym I	Fränzi
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