

GROUPFITNESS

21.05. - 27.05.2018

FITORAMA

Monday

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|---------------|---------------|--------|--|
| 07:15 - 08:15 | | Gym I | |
| 08:15 - 08:45 | | Gym II | |
| 09:00 - 09:55 | | Gym I | |
| 11:45 - 12:35 | | Gym I | |
| 11:45 - 12:35 | | Gym II | |
| 12:40 - 13:30 | | Gym I | |
| 12:40 - 13:30 | | Gym II | |
| 13:30 - 14:15 | CLOSED | Gym I | |
| 17:00 - 17:55 | | Gym I | |
| 17:00 - 17:30 | | Gym II | |
| 17:30 - 17:55 | | Gym II | |
| 18:00 - 18:55 | | Gym II | |
| 18:00 - 18:55 | | Gym I | |
| 19:00 - 19:30 | | Gym II | |
| 19:00 - 20:00 | | Gym I | |

Tuesday

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|---------------|---------------------|--------|-----------|
| 07:30 - 08:25 | Pilates Mat | Gym II | Dominique |
| 07:30 - 08:25 | BODYPUMP | Gym I | Alejandro |
| 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 | Marie |
| 17:00 - 17:55 | Zumba | Gym II | Jürgen |
| 17:00 - 17:55 | BODYPUMP | Gym I | Alejandro |
| 18:00 - 18:55 | Pilates Mat | Gym I | Nadine |
| 18:00 - 18:25 | CXWORX | Gym II | Melanie |
| 18:30 - 19:25 | Indoor Cycling | Gym II | David |
| 19:00 - 20:00 | Boxing / FUNctional | Gym I | Fabian |

Wednesday

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|---------------|---------------------|--------|----------|
| 07:30 - 08:25 | Qigong / Tai Chi | Gym I | Julian |
| 09:00 - 09:55 | Back Fitness | Gym I | Maria |
| 11:30 - 12:15 | BODYCOMBAT | Gym I | Sylvie |
| 11:45 - 12:35 | Yoga | Gym II | Susan S. |
| 12:15 - 12:45 | CXWORX | Gym I | Nicolle |
| 12:40 - 13:30 | Indoor Cycling | Gym II | Lukas |
| 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 | Lukas B. |
| 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 | Olga |
| 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 | Tamara |
| 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 | Sudheesh |
| 14:30 - 15:25 | Yoga | Gym I | Sudheesh |
| 17:00 - 17:30 | GRIT Plyo | Gym I | Melanie |
| 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

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|---------------|--------------------------------------|--------|-----------|
| 07:15 - 08:00 | Pilates Mat | Gym I | Dominique |
| 09:00 - 09:55 | Back Fitness | Gym I | Nora |
| 11:30 - 12:15 | BOP / ABT <i>Intensiv</i> | Gym I | Alejandro |
| 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 | Lukas |
| 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

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| 10:00 - 11:00 | Saturday Surprise mit Les Mills Mix | Gym I | Sylvie |
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Sunday

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