

GRUPPENKURSE 18.02.2019 – 24.02.2019

Montag

07:00 – 07:55	Rückenfit	Gym I	Simone
08:00 – 08:55	Pilates Allegro	Gym II	Brigitte
09:00 – 09:55	Toning	Gym I	Tamara
10:00 – 10:55	Pilates Mat	Gym I	Marcella
12:15 – 13:10	BODYPUMP	Gym I	Sybillе
12:15 – 13:00	TRX CORE & STRETCH	Gym II	Silke
17:30 – 18:30	BODYBALANCE	Gym II	Maria
17:30 – 18:25	Power Hour	Gym I	Chris
18:30 – 19:30	BODYPUMP	Gym I	Matthias

Dienstag

08:30 – 09:25	Vital-Fitness	Gym I	Daniel
12:00 – 13:00	Outdoor Running	Outdoor	Simone
12:15 – 13:10	TOSO X	Gym I	Chris
17:30 – 18:00	BODYATTACK Part 1	Gym I	Andrea
18:00 – 18:30	BODYATTACK Part 2 _(kein CX WORX)	Gym I	Andrea
18:30 – 19:25	Pilates Mat	Gym II	Dominique
19:30 – 21:00	Yoga	Gym I	Sudheesh

Mittwoch

08:00 – 08:55	Pilates Allegro	Gym II	Brigitte
09:00 – 09:55	Pilates Allegro	Gym II	Brigitte
09:00 – 09:55	Rückenfit	Gym I	Tamara
12:15 – 13:10	ZUMBA	Gym II	Camila
12:15 – 13:10	BODYPUMP	Gym I	Maria
17:15 – 18:00	BodyWorkout	Gym I	Tamara
18:00 – 19:00	bodyART NEU Winterkurs	Gym II	Sabine
18:15 – 19:00	Beach Body Fit	Gym I	Florian
19:15 – 20:00	TRX BOOTCAMP	Gym II	Silke

Donnerstag

08:30 – 09:25	Vital-Fitness	Gym I	Daniel
12:00 – 13:00	Outdoor Running	Outdoor	Simone
12:15 – 13:10	Pilates Mat	Gym I	Marcella
12:15 – 13:00	TRX BOOTCAMP	Gym II	Silke
14:15 – 15:10	Pilates Allegro	Gym II	Brigitte
17:30 – 18:25	Fit-Gym	Gym I	Sonja
18:30 – 19:30	TOSO X	Gym I	Chris

Freitag

07:30 – 08:25	Yoga Winterkurs	Gym II	Sudheesh
08:30 – 09:25	Rückenfit	Gym I	Selina
09:30 – 10:15	BodyWorkout	Gym I	Selina
12:15 – 13:10	BODYBALANCE	Gym I	Maria
12:15 – 13:10	Pilates Allegro	Gym II	Brigitte
17:00 – 17:55	Pilates Mat	Gym I	Marcella
18:00 – 19:00	BODYPUMP	Gym I	Maria

Samstag

10:00 – 11:00	Fit-Gym	Gym I	Nicole X.
11:00 – 12:00	BODYPUMP	Gym I	Matthias
12:00 – 12:30	Bauch Express	Gym I	Matthias

Sonntag

10:00 – 11:00	BODYATTACK	Gym I	Sophia
11:00 – 12:00	BODYPUMP	Gym I	Matthias
12:00 – 12:30	Bauch Express	Gym II	Matthias