

GROUPFITNESS

10.12. – 16.12.2018

FITORAMA

Montag • 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	Cathy
13:30 – 14:15	Pilates Mat	Gym I	Marcella
17:00 – 17:55	BODYPUMP	Gym I	Sylvie
17:00 – 17:30	GRIT Plyo	Gym II	Michael F.
17:30 – 17:55	Bauch / Abs Express	Gym II	Fränzi
18:00 – 18:55	Pilates Mat	Gym II	Marcella
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	Chris

Dienstag • Tuesday

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	Alejandro
12:15 – 13:00	BODYSTEP	Gym I	Sylvie
12:15 – 13:00	Pilates Mat	Gym II	Marcella
13:00 – 13:40	BODYPUMP Express	Gym I	Olaf
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	Kerstin
18:30 – 19:25	Indoor Cycling	Gym II	Cathy
19:00 – 20:00	Yoga	Gym I	Olga

Mittwoch • Wednesday

07:30 – 08:25	Qigong / Tai Chi	Gym I	Thomas
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	Susan S.
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
17:30 – 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

Donnerstag • Thursday

07:15 – 08:15	Yoga	Gym I	Susan S.
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	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	Olaf

Freitag • Friday

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	Fränzi

Samstag • Saturday

10:00 – 11:00	Saturday Surprise Les Mills Mix	Gym I	Sylvie
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Sonntag • Sunday

10:00 – 11:00	Sunday Surprise BOP	Gym I	Tamara
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