

MONTAG

10:00 11:00	RückenFit	R1
16:00 16:25	Faszientraining	R1
16:30 17:30	Pilates	R1
17:45 18:00	Bauch pur	R1
18:00 18:45	Body Forming	R1
18:30 19:30	Go Functional	FI
19:00 20:00	LesMills BODYCOMBAT	R1
20:15 21:00	Jumping Fitness	R1

DIENSTAG

09:15 10:15	Pilates	R1
10:30 11:15	Stretch & Entspannung	R1
17:00 17:45	ZUMBA®	R1
18:00 19:00	LesMills BODYPUMP	R1
19:00 20:00	Go Functional	FI
19:15 20:00	Pilates	R1
20:05 20:50	Faszientraining	R1

MITTWOCH

09:30 10:15	Fitness Yoga	R1
10:30 11:30	Go Functional <i>Gold</i>	FI
17:00 18:00	TôsoX	R1
18:15 19:00	RückenFit	R1
19:05 20:05	Power Fit Yoga	R1

DONNERSTAG

10:00 11:00	ZUMBA®	R1
17:15 18:15	Yoga	R1
18:30 19:30	ZUMBA®	R1
19:45 20:30	Jumping Fitness	R1

FREITAG

09:00 09:45	Body Forming	R1
16:00 17:00	Go Functional	FI
16:20 17:20	LesMills BODYPUMP	R1

SAMSTAG

14:00 15:00	ZUMBA®	R1
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SONNTAG

10:15 11:15	Kurswechsel siehe APP	R1
11:30 12:30	Body Forming	R1
12:45 13:45	LesMills BODYPUMP	R1

SPINNING

MONTAG

18:00 19:00	Spinning®	SP
19:15 20:15	Spinning®	SP

DIENSTAG

MITTWOCH

18:00 19:00	Spinning®	SP
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DONNERSTAG

18:15 19:15	Spinning®	SP
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FREITAG

10:00 11:00	Spinning® ⁽¹⁾	SP
17:45 18:45	Spinning® ⁽¹⁾	SP

SONNTAG

11:00 12:00	Spinning® ⁽¹⁾	SP
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⁽¹⁾ = jeden letzten Freitag im Monat 90 Min.

R1 = Raum 1 | SP = Spinningraum | FI = Functionalfäche

