

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	
08:30	Bodywork	08:30	Bauch Bein Po	08:30	Bodywork	08:30	Creative Step	08:30	Easy Dance
09:30	Good Morning Stretch	09:30	Creative Step	09:30	Bauch Bein Po	09:30	Rückenfit	09:30	Bodywork
09:30	Pilates Control	09:30	Beckenboden Training	09:30	Good Morning Stretch	09:30	Pilates Control	09:30	BodyActive
16:30	Bodywork	16:30	Latino Basic	16:30	Bodywork	16:30	Power Workout	15:30	Bauch Bein Po
17:00	Synrgy Zirkel	17:00	Synrgy Zirkel	17:00	Synrgy Zirkel	17:00	Synrgy Zirkel	16:30	Power Step
17:30	Power Workout	17:30	Synrgy Zirkel	17:30	Rückenfit	17:30	Functional Workout	16:30	Feel Good Stretch
17:30	Pilates Floorwork	17:30	Pure Workout	17:30	Fight Club	18:30	Hot Stepper	17:30	Bodypower 30 Min.
18:30	Hot Stepper	18:00	Bodystyling	18:30	H.I.I.T.	18:30	Spinning Strenght	18:30	Hatha Yoga 90 Min.
18:30	Hatha Yoga 90 Min.	18:30	Energy Pump	18:30	Dance Aerobic	19:30	Just Dance		
19:30	Zumba	19:30	Stretching 30 Min.	19:30	Stretching 30 Min.				

SAMSTAG

09:00	Power Bauch Bein Po
09:30	BodyART™
10:00	Latin Moves
10:30	Bodybalance
17:00	Ballett Floor
18:00	Fitness Workout

SONNTAG

09:00	Bodywork
10:00	Pure Power
10:00	Hatha Yoga 90 Min.
18:00	Bauch Bein Po

SENIONENTRAINING (Einheiten 50 Minuten)

Anmeldung erforderlich / Max. 5 Teilnehmer

Montag	12:00 / Workout & Stretch
Dienstag	15:00 / Bauch Bein Po
Mittwoch	13:00 / Rückenfit
Donnerstag	14:00 / Bauch Bein Po
Freitag	12:00 / Rückenfit