

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Kursraum I Kursraum II Cycling

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9:00-9:30 Flexi-Bar
9:30-10:30 BBP E/M/F
9:45-10:45 Rückenfit E/M

9:15-10:15 Wirbelsäule E/M
9:30-10:30 Yoga E/M
1:30-11:30 Core & Stability E/M
10:15-10:45 Stretching
10:15-11:15 INJOY Cycling E/M

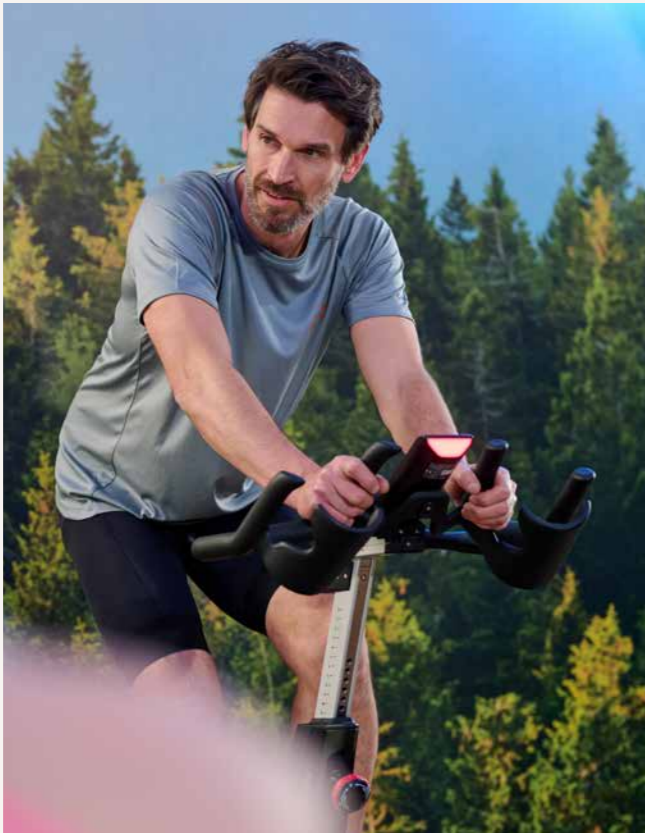
9:15-10:15 Yoga E/M
9:30-10:15 Rücken-Zirkel (Fläche)
10:15-11:30 Fatburner & Dancefun E/M
15:00-16:00 Pilates E/M/F

9:30-10:30 Pilates E/M
9:15-10:15 Wirbelsäule E/M
10:30-11:00 Evergreen
17:15-18:00 BBP M/F

9:30-10:30 BBP E/M/F
8:45-9:30 Gesund & beweglich
10:30-11:00 Stretching
9:45-10:30 Rücken-zirkel (Fläche)
9:30-10:30 INJOY Cycling E/M

10:00-11:00 BBP E/M
11:00-12:00 Zumba E/M/F
9:30-10:15 Special-Body-Workout M/F
10:00-11:00 INJOY Cycling E/M

10:45-11:30 Faszien in Bewegung E/M



15:00-16:00 Rücken & Koordination E/M

15:00-16:00 Pilates E/M/F

17:30-18:15 HIT E/M/F

18:15-19:15 INJOY Cycling M
18:00-19:00 Pilates E/M/F

17:30-18:15 HIT E/M/F
18:00-19:00 Special-Body-Workout M/F

17:30-18:15 HIT E/M/F
18:15-19:00 Pound E/M/F

17:00-18:00 Power Dumbbell E/M
17:00-18:00 Step & Fun M/F
18:00-18:45 BBP E/M/F
18:45-19:15 Stretching

10:00-11:00 Yoga M/F
10:15-11:00 BBP M

18:15-19:00 BBP E/M/F

19:00-20:00 Power Dumbbell M
19:15-20:15 Zumba E/M/F

18:15-19:15 INJOY Cycling E/M/F
19:15-20:30 Yoga M/F

19:00-20:00 Pilates E/M/F
19:00-19:30 Bauch-Express
19:15-20:15 INJOY Cycling E/M/F

19:00-20:15 Yoga E/M

11:15-12:15 Yoga E/M

19:15-20:15 Zumba E/M/F

19:30-20:30 INJOY Cycling E/M

19:00-20:00 Pilates E/M/F
19:00-19:30 Bauch-Express
19:15-20:15 INJOY Cycling E/M/F

19:00-20:15 Yoga E/M

19:00-20:15 Yoga E/M

11:15-12:15 Yoga E/M

Sonntag