

Group Fitness 19.11.2018

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	Rücken-Fit 09:00 - 09:55	Deep Recovery 09:30 - 10:25		Pilates 09:00 - 09:55	
Pilates 10:00 - 10:55	Seniorentaining 10:00 - 10:55	Pilates 10:30 - 11:25	Rücken-Fit 10:00 - 10:55	Bodyforming 10:00 - 10:55	Pump 10:00 - 10:55
MatriX 12:30 - 13:15	Bauch Express 12:30 - 13:00		Bauch Express 12:30 - 13:00		Sonntag
Body Intense 14:00 - 14:55			Pilates 14:00 - 14:55		Yoga 10:30 - 11:55
Pilates 17:00 - 17:55					
Body Intense 18:00 - 18:55	Pilates 18:00 - 18:55		Body Intense 18:00 - 18:55		
KickBox Condi. 19:00 - 19:55	Bodyforming 19:00 - 19:55		KickBox Condi. 19:00 - 19:55		