

GroupFitness Kursplan ab 19. Oktober 2020

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
06:30	SixPack (A) Karin 6:30-7:00				
08:45		Cycling (B)* 8:45-9:45		Zumba (B) Anita 08:45-9:45	
09:00	TotalBody (A) Marina 09:00-10:00	BodyStep (A) Ursula 09:00-10:00	Pilates (A) Carmen 09:00-10:00	ChoreoStep (A) Csilla 09:00-10:00	Yoga (A) Olga 09:00-10:00
12:00					Cycling (B)* 12:00-13:00
17:30					PowerWorkout (A) Irene/Dunja 17:30-18:30
18:05	BodyStep (A) Dunja 18:05-19:05	Pilates (A) Carmen 18:05-19:05	Yoga (A) Olga 18:05-19:05	PowerJumping (A) Irene 18:05-19:05	
18:15	Cycling (B)* 18:15-19:15		Cycling (B)* 18:15-19:15		
19:15	PowerWorkout (A) Irene 19:15-20:15	Fit-Boxen (B) Denis 19:15-20:15		BodyIntensic (A) Karin 19:15-20:15	