

GROUPFITNESS

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 09:45 Bodystyling Tina	09:00 - 09:45 Rehasportgruppe Judith H.	09:00 - 09:45 Easy Step Verena	09:00 - 09:30 TRX Jessica	09:00 - 09:45 Rehasportgruppe Verena	15:00 - 15:45 gerade KW, BBPo ungerade KW: Hot Iron	10:00 - 10:45 Rückengymnastik
09:45 - 10:30 Rückengymnastik Tina	10:00 - 10:45 Rehasportgruppe Judith H.	09:45 - 10:30 Step-Mix Verena	10:00 - 11:00 Zumba Sabine	09:45 - 10:30 Rückengymnastik Verena	16:00 - 17:00 nur gerade KW Zumba	
10:45 - 11:15 TRX Tina	16:30 - 17:15 Rehasportgruppe	10:30 - 11:00 Rücken-Bauch-Spezial Verena	11:30 - 11:45 Rehasportgruppe Jessica	10:30 - 11:30 Aero-Step Eva		
17:00 - 18:00 Aero-Step Eva	17:30 - 18:30 Rückengymnastik Yvette	11:00 - 11:45 Rehasportgruppe Verena	17:00 - 17:45 Rehasportgruppe	16:00 - 16:45 Rehasportgruppe Judith H.		
18:00 - 19:00 Pilates Judith R.	18:30 - 19:30 Zumba Katja	17:30 - 18:30 Rückengymnastik Oliver	18:00 - 18:45 Rückengymnastik Judith R.	17:15 - 18:00 BBPo Jessica		
19:15 - 20:15 Zumba Yvette	19:30 - 20:30 Hot Iron Jessica	19:00 - 19:30 TRX Trainer:team	18:45 - 19:30 BBPo Judith R.	18:00 - 18:45 Rehasportgruppe		
			19:30 - 20:00 Faszien-Pilates Judith R.	19:00 - 20:00 Hot Iron Jessica		

FUNCTIONAL / CYCLING

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 09:45 Cycling Karin	09:00 - 09:45 Functional Trainer:team	09:00 - 09:45 Cycling Trainer:team	10:00 - 10:45 Functional Jessica	09:00 - 10:00 Beginner-Cycling Michael	16:00 - 17:00 nur ungerade KW Cycling	11:00 - 11:45 Cycling
10:00 - 10:45 Functional Trainer:team	18:30 - 19:15 Cycling Jessica	18:00 - 18:45 Functional Trainer:team	17:30 - 18:30 Beginner-Cycling Uwe	10:00 - 11:00 Cycling Michael		
17:45 - 18:30 Functional Trainer:team			18:45 - 19:45 Cycling Uwe	18:00 - 18:45 Cycling Jessica		
18:30 - 19:15 Rehasportgruppe						
19:15 - 20:15 Cycling Judith R.						

YOGA-LOUNGE

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 10:00 Yoga (Aerial) Hilde	09:00 - 10:00 Pilates Tina.	10:00 - 11:00 Yoga (Aerial) Trainer:team	09:00 - 10:00 Yoga (Aerial) Tina	09:45 - 10:45 Yoga (Moving Meditation) Fleur		17:30 - 19:00 Yoga (Aerial) Oliver
10:15 - 11:00 Active Stretching Hilde	10:00 - 11:00 Yoga (Vinyasa Flow)	18:45 - 19:45 Yoga (Yin-Yoga) Oliver	10:15 - 11:00 Pilates Tina	10:45 - 10:30 Faszientraining Karin		
17:45 - 18:30 Yoga (sanfter Flow) Asta	11:00 - 11:30 Yoga (Meditation) Tina		11:30 - 11:45 Stretch & Relax Tina	18:00 - 18:45 Pilates Michael		
18:45 - 19:45 Yoga (Aerial soft) Asta	17:30 - 19:00 Yoga (Ashtanga) Anna R.		17:45 - 18:30 Yoga (Power Flow) Asta	18:45 - 19:45 Progressive Muskelentspannung Michael		
	19:00 - 20:00 Yoga (Sivananda) Anna R.		18:45 - 19:45 Yoga (Aerial) Asta			

Neu bis Ende 2020