FITNESS KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREIATG
	08:15 - 09:00 FUNCTIONAL 45 min			08:15 - 09:00 CORE 45 min
	09:10 - 10:10 bodyART 60 min			09:10 - 09:55 FASZIEN 45 min
	10:20 - 10:50 BALLance 30 min			10:10 - 11:10 SPINNING 60 min
17:30 - 18:15 LANGHANTEL 45 min	17:30 - 18:15 FASZIEN 45 min		17:30 - 18:15 FUNCTIONAL 45 min	
18:25 - 18:55 BAUCH SPEZIAL 30 min	18:25 - 19:10 HIIT 45 min	17:10 - 17:40 BALLance 30 min	18:25 - 19:10 BBP 45 min	18:00 - 18:55 ZUMBA 55 min
19:10 - 20:10 SPINNING / 19:10 - 20:10 OUTDOOR FUNCTIONAL 60 min	19:20 - 20:05 FUNCTIONAL 45 min	17:50 - 18:50 bodyART 60 min	19:20 - 20:20 SPINNING 60 min	
		19:00 - 20:30 RGZ (inkl. BALLance) 90 min		

GESUNDHEIT

FIGUR

SPINNING

ZUMBA

RÜCKEN- & GELENKZENTRUM

ANMELDUNG

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