

MONTAG

08:30
45 MIN

FUNCTIONAL
(HIIT)

9:20
45 MIN

FIT MIT ANNI

10:10
45 MIN

LES MILLS
BODYPUMP

17:00
45 MIN

FUNCTIONAL
(HIIT)

17:50
45 MIN

LES MILLS
BODYPUMP

18:40
30 MIN

LES MILLS
BODYCOMBAT
(EXPRESS)

19:15
45 MIN

CORE

20:05
45 MIN

WORKOUT

DIENSTAG

08:30
45 MIN

RÜCKENFIT

09:20
45 MIN

LES MILLS
BODYCOMBAT

10:10
30 MIN

CORE
(EXPRESS)

17:00
45 MIN

LES MILLS
BODYPUMP

17:50
30 MIN

MOBILITY
(EXPRESS)

18:25
45 MIN

DANCE UP

19:15
45 MIN

LES MILLS
BODYCOMBAT

20:05
45 MIN

WORKOUT

MITTWOCH

08:30
45 MIN

FUNCTIONAL
(HIIT)

17:00
45 MIN

BOXLETICS

17:50
30 MIN

CORE
(EXPRESS)

18:25
45 MIN

YOGABALANCE

19:15
45 MIN

FUNCTIONAL
(HIIT)

20:05
45 MIN

WORKOUT

DONNERSTAG

08:30
45 MIN

MOBILITY

09:20
45 MIN

LES MILLS
BODYCOMBAT

10:10
30 MIN

CORE
(EXPRESS)

17:00
45 MIN

CORE

17:50
45 MIN

LES MILLS
BODYPUMP

18:40
30 MIN

YOGABALANCE
(EXPRESS)

19:15
45 MIN

LES MILLS
BODYCOMBAT

20:05
45 MIN

WORKOUT

FREITAG

8:30
45 MIN

FIT MIT ANNI

9:20
45 MIN

RÜCKENFIT

10:10
45 MIN

LES MILLS
BODYPUMP

17:00
45 MIN

RÜCKENFIT

17:50
45 MIN

DANCE UP

18:40
45 MIN

YOGABALANCE

SAMSTAG

10:20
45 MIN

BOXLETICS

11:10
45 MIN

CORE

12:00
45 MIN

WORKOUT

SONNTAG

09:30
45 MIN

RÜCKENFIT

10:20
45 MIN

LES MILLS
BODYCOMBAT

11:10
45 MIN

LES MILLS
BODYPUMP

12:00
45 MIN

WORKOUT