

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

08:30  
45 MIN  
Functional  
(HIIT)

08:30  
45 MIN  
RückenFit

08:30  
45 MIN  
Functional  
(HIIT)

08:30  
45 MIN  
Mobility

8:30  
45 MIN  
Fit mit Anni

09:30  
45 MIN  
RückenFit

09:20  
45 MIN  
Body & Soul

09:20  
45 MIN  
LES MILLS  
BODYCOMBAT

09:20  
45 MIN  
LES MILLS  
BODYCOMBAT

10:20  
45 MIN  
LES MILLS  
BODYCOMBAT

10:10  
45 MIN  
LES MILLS  
BODYPUMP

10:10  
30 MIN  
Core Express

10:10  
30 MIN  
Core Express

10:20  
45 MIN  
LES MILLS  
BODYPUMP

11:20  
45 MIN  
Core

11:15  
45 MIN  
LES MILLS  
BODYPUMP

17:00  
45 MIN  
Functional  
(HIIT)

17:00  
45 MIN  
LES MILLS  
BODYPUMP

17:00  
45 MIN  
WORKOUT

17:00  
45 MIN  
Core

17:05  
45 MIN  
RückenFit

17:50  
45 MIN  
LES MILLS  
BODYPUMP

17:50  
30 MIN  
Mobility  
(Express)

17:50  
45 MIN  
Functional  
(HIIT)

17:50  
45 MIN  
LES MILLS  
BODYPUMP

17:55  
45 MIN  
DANCE UP

18:40  
30 MIN  
LES MILLS  
GRIT

18:25  
45 MIN  
DANCE UP

18:40  
45 MIN  
LES MILLS  
BODYPUMP

18:40  
45 MIN  
LES MILLS  
BODYCOMBAT

18:45  
45 MIN  
Body & Soul

19:15  
45 MIN  
Core

19:15  
45 MIN  
LES MILLS  
BODYCOMBAT

19:30  
45 MIN  
Body & Soul

19:30  
30 MIN  
LES MILLS  
GRIT

20:05  
45 MIN  
WORKOUT

20:05  
45 MIN  
WORKOUT

20:05  
45 MIN  
WORKOUT

12:10  
45 MIN  
WORKOUT

12:05  
45 MIN  
WORKOUT  
(Community)