

MONTAG

08:30
45 MIN
FUNCTIONAL
(HIIT)9:20
45 MIN
FIT MIT ANNI10:10
45 MIN
LES MILLS
BODYPUMP17:00
45 MIN
FUNCTIONAL
(HIIT)17:50
45 MIN
LES MILLS
BODYPUMP18:40
30 MIN
LES MILLS
BODYCOMBAT
(Express)19:15
45 MIN
CORE20:05
45 MIN
WORKOUT

DIENSTAG

08:30
45 MIN
RÜCKENFIT09:20
45 MIN
LES MILLS
BODYCOMBAT10:10
30 MIN
CORE
(EXPRESS)17:00
45 MIN
LES MILLS
BODYPUMP17:50
30 MIN
MOBILITY
(EXPRESS)18:25
45 MIN
DANCE UP19:15
45 MIN
LES MILLS
BODYCOMBAT20:05
45 MIN
WORKOUT

MITTWOCH

08:30
45 MIN
FUNCTIONAL
(HIIT)17:00
45 MIN
WORKOUT17:50
45 MIN
BOXLETICS18:40
45 MIN
YOGABALANCE19:30
45 MIN
FUNCTIONAL
(HIIT)

DONNERSTAG

08:30
45 MIN
MOBILITY09:20
45 MIN
LES MILLS
BODYCOMBAT10:10
30 MIN
CORE
(EXPRESS)17:00
45 MIN
CORE17:50
45 MIN
LES MILLS
BODYPUMP18:40
30 MIN
LES MILLS
BODYCOMBAT
(Express)19:15
45 MIN
LES MILLS
BODYCOMBAT20:05
45 MIN
WORKOUT

FREITAG

8:30
45 MIN
FIT MIT ANNI10:20
45 MIN
LES MILLS
BODYPUMP17:00
45 MIN
RÜCKENFIT17:50
45 MIN
DANCE UP18:40
45 MIN
YOGABALANCE

SAMSTAG

10:20
45 MIN
BOXLETICS11:10
45 MIN
CORE12:00
45 MIN
WORKOUT

SONNTAG

09:30
45 MIN
RÜCKENFIT10:20
45 MIN
LES MILLS
BODYCOMBAT11:10
45 MIN
LES MILLS
BODYPUMP12:00
45 MIN
WORKOUT