

MONTAG

GYM

09:30 – 10:00	POWER PLATE®	
17:30 – 18:00	POWER PLATE®	
18:00 – 18:30	POWER PLATE®	
18:00 – 19:00	FUNCTIONAL TRAINING	BASIC

STUDIO 1

09:00 – 10:00	ATHLETIC FLOW	Michael
10:10 – 11:10	BODYSHAPE	Marina
18:00 – 19:00	JUMPING	Michaela
19:10 – 20:10	YAB. WORKOUT	Michael
20:20 – 21:50	FITNESS BOXEN	Marius

GIRO

09:30 – 10:30	CYCLING	Margrit
19:00 – 20:00	CYCLING	Petra

STUDIO 2

08:00 – 09:00	RÜCKEN WELLNESS	Svenja
18:00 – 19:00	PILATES	Sandra

SPECIAL

DIENSTAG

09:30 – 10:00	POWER PLATE®	
10:00 – 10:30	POWER PLATE®	
17:30 – 18:00	POWER PLATE®	
18:00 – 18:30	POWER PLATE®	
18:30 – 19:00	CORE TRAINING	
19:00 – 20:00	FUNCTIONAL TRAINING	BASIC

10:10 – 11:10	OSTEOPOROSEGYMNASTIK	Svenja
18:00 – 19:00	EASY STEP	Svenja
19:10 – 20:10	RÜCKEN WORKOUT	Tanja
20:20 – 21:20	PUSH & POWER	Tanja

10:00 – 11:00	CYCLING	AB 01.12. Sascha
18:30 – 19:30	CYCLING	Margrit
19:40 – 20:40	CYCLING	Margrit

09:00 – 10:00	PILATES	Svenja
17:30 – 19:00	YOGA	Elke

19:00 – 20:00	LAUFTREFF	

MITTWOCH

07:00 – 08:00	FUNCTIONAL TRAINING	BASIC
09:00 – 09:30	POWER PLATE®	
17:30 – 18:00	POWER PLATE®	
18:00 – 18:30	POWER PLATE®	
18:00 – 19:00	FUNCTIONAL TRAINING	BASIC
19:00 – 20:00	FUNCTIONAL TRAINING	ADVANCED

10:00 – 11:00	BODY WORKOUT	Marius
17:30 – 18:30	DANCEGROOVES	Michael
18:40 – 19:40	PUSH & POWER	Michael
19:50 – 20:50	SKIGYMNASTIK	Uli

19:30 – 20:30	CYCLING	Marc/Andrea

09:00 – 10:00	HATHA YOGA	Svenja
18:30 – 19:30	PILATES	Tanja
19:40 – 20:40	SALSA LADY STYLING	Esther

DONNERSTAG

08:30 – 09:00	POWER PLATE®	
09:00 – 09:30	POWER PLATE®	
18:00 – 18:30	CORE TRAINING	
18:30 – 19:30	FUNCTIONAL TRAINING	BASIC

10:00 – 11:00	RÜCKEN WORKOUT	Barbara
11:10 – 11:40	STRETCHING	Barbara
18:00 – 19:00	PUSH & POWER	Marius
19:10 – 20:10	DANCE	Marius
20:20 – 21:20	JUMPING	Alex

10:00 – 11:00	CYCLING	Margrit
19:00 – 20:00	CYCLING	Patrick

17:00 – 18:00	HATHA YOGA	Aniko
18:10 – 19:10	HATHA YOGA	Aniko
20:00 – 21:30	HATHA YOGA	Detlev

19:00 – 20:30	HIIT LAUFTRAINING	

FREITAG

07:00 – 08:00	FUNCTIONAL TRAINING	BASIC
09:00 – 09:30	POWER PLATE®	
17:00 – 17:30	POWER PLATE®	
17:00 – 18:00	FUNCTIONAL TRAINING	ADVANCED
18:00 – 19:00	FUNCTIONAL TRAINING	BASIC

09:30 – 10:30	RÜCKEN WORKOUT	Sandra
10:40 – 11:10	STRETCHING	Sandra
18:30 – 20:00	BOXEN	Anne

19:00 – 20:00	CYCLING	Petra

08:30 – 09:30	PILATES	Sabine
09:40 – 10:40	PILATES	Sabine
18:00 – 19:00	MOBILITY	Fabian

SAMSTAG

11:00 – 11:30	POWER PLATE®	

10:30 – 11:30	BODY WORKOUT	Özlem
12:00 – 13:00	JUMPING	Kevin

10:00 – 11:30	YOGA	Steffie
11:45 – 12:45	PILATES	Özlem
13:00 – 14:30	FITNESS YOGA	Detlev

09:30	DAUERLAUF	

SONNTAG

11:00 – 11:30	POWER PLATE®	
11:30 – 12:00	POWER PLATE®	
17:00 – 18:00	FUNCTIONAL TRAINING	ADVANCED

10:30 – 11:30	RÜCKEN WORKOUT	Sandra
11:40 – 12:40	BODYSHAPE	Anne
12:50 – 14:20	BOXEN	Anne
17:00 – 18:00	ATHLETIC TRAINING	Steffi

11:00 – 12:00	CYCLING	Marc/Udo
11:00 – 13:00	CYCLING SPECIAL	1x im Monat

11:45 – 12:45	POWER PILATES	Sandra
13:30 – 15:00	BALLETT WORKOUT	Liz
18:00 – 19:00	MOBILITY	Patrick

09:00 - 10:00	BEACH YOGA	