



Group Fitness Programm

Montag	08:45	Indoor [®] JudoFit [®]	Schnee	30	Judo
	09:15	PowerKettlebell	Schnee	35	Aerob
	10:15	Fit mit Mir	Schnee	35	Aerob
	18:30	Fitbox	Cally	35	Aerob
	19:00	Indoor [®] JudoFit [®]	Sabine	35	Judo
Dienstag	08:45	TRX [®] Suspension Training [®]	Schnee	35	Aerob
	18:30	M.A.S.T. [®]	Sand	30	Aerob
	19:00	Body Workout	Sand	35	Aerob
	19:15	Indoor [®] JudoFit [®]	Wilma	35	Judo
	19:30	Fitbox Yoga	Tronja	35	Aerob
Mittwoch	08:45	BodyPUMP [®] meets Pilates	Crugi	35	Aerob
	19:00	Body Workout	Sand	35	Aerob
	20:00	Fit & FunFit [®]	Crugi	35	Aerob
Donnerstag	09:00	Indoor [®] JudoFit [®]	Schnee	35	Judo
	18:30	Strength Rehabilitation	Crugi	35	Aerob
	19:15	Indoor [®] JudoFit [®]	Wilma	35	Judo
	19:30	BodyPUMP [®]	Juanna	35	Aerob
Freitag	08:45	Pilates	Cally	35	Aerob
	19:00	CardioFit	Way	35	Aerob
Sonntag	09:00	Surfing	TUM	35	Aerob
		Body Workout, TRX [®] Suspension Training [®] BeachFit			
Sonntag	09:30	BodyPUMP [®]	Ulrich	35	Aerob

- Erweiterung von 30-35-45-60 Min.
- 30 Minuten
- Beach Surfing Freitag, 14. Oktober 2019

