



Group Fitness Programm

Montag	08.40	bellicon® JUMPING ^{1,2}	Simone	30	Jump
	09.15	POWERYOGA ¹	Simone	55	Arena
	10.15	Fit mit 60+	Simone	55	Arena
	18.30	Pilates	Carla	55	Arena
	19.00	Indoor Cycling ³	Nicole G.	75	Cycling
	19.00	bellicon® JUMPING ²	Sabrina	55	Jump
	19.30	Vinyasa Yoga	Youngju	55	Arena
Dienstag	08.45	TRX® Suspension Training® ¹	Simone	55	Arena
	09.00	Indoor Cycling ^{1,3}	René	75	Cycling
	18.15	Indoor Cycling ³	Mäsu	60	Cycling
	18.30	M.A.X.® 1x pro Monat 90 min gem. separatem Plan	Sandi	30	Arena
	19.05	Body Workout	Sandi	55	Arena
	19.15	bellicon® JUMPING ²	Melanie	55	Jump
	20.05	DanceFIT	Mary	55	Arena
Mittwoch	08.45	deepWORK® meets Pilates ¹	Chregi	55	Arena
	19.00	Body Workout	Noemi	55	Arena
	19.00	Indoor Cycling ³	Vanessa/Dani	75	Cycling
	20.00	Fit & Funky™	Colette	55	Arena
Donnerstag	09.00	bellicon® JUMPING ^{1,2}	Simone	55	Jump
	18.30	Bewegte Rückbildung ²	Chregi	55	Arena
	19.00	Indoor Cycling ³	Andrea	75	Cycling
	19.30	BODYPUMP™	Jeannine	75	Arena
Freitag	08.45	Pilates ¹	Cathy	55	Arena
Samstag	09.00	Surprise ¹ Body Workout, TRX® Suspension Training®	TEAM	55	Arena
Sonntag	09.30	BODYPUMP™	Ursula	75	Arena
	09.30	Indoor Cycling ³	TEAM	75	Cycling

¹ Kinderbetreuung von 08.30 – 11.00 Uhr

² mit Reservation

³ Indoor Cycling Saison bis 9. April 2020

