

Group Fitness Programm

Montag	08:45	Stretching	May	30	Arena
	09:05	Yoga im Trage	Youngu	35	Arena
	09:35	Pilates 60'	Naomi	35	Arena
	09:45	Lunchkino	Lulu / Jonas	45	Arena
	09:55	Josephine*	Oliver	35	Arena
	10:00	Indoor Cycling*	Wera / Nicole	35	Cycling
10:20	Yoga im Trage	Youngu	35	Arena	
Dienstag	08:45	TRX Suspension Training*	Julia	35	Arena
	09:00	Indoor Cycling*	Renar Muri	35	Cycling
	09:35	Indoor Cycling*	Valeria	30	Cycling
	09:50	M.A.X.I.*	Sarah	30	Arena
	09:55	Core	Sarah	30	Arena
	10:45	Indoor* JUMPED*	Melanie	35	Jump
Mittwoch	08:45	Stretching	May	30	Arena
	09:05	Josephine*	Oliver	35	Arena
	09:30	Fluss	Gaby	35	Arena
	09:50	Indoor Cycling*	Dani / Britta	35	Cycling
	10:30	Body Workout	Lois	35	Arena
	Donnerstag	09:00	Indoor* JUMPED*	Cori	35
09:30		Bewegung & Ernährung*	Gaby	35	Arena
09:45		Indoor* JUMPED*	Betty	35	Jump
09:50		Indoor Cycling*	Andrea / Wera	35	Cycling
09:55		SOCHIUM*	Jasmin	35	Arena
Freitag		08:45	Fluss*	Gaby	35
	09:30	SOCHIUM*	Simone	35	Arena
Samstag	09:00	Surfer	THAM	35	Arena
		Body Workout, Wk. Workshop*			
Sonntag	09:30	SOCHIUM*	Ulrich	35	Arena
	09:50	Indoor Cycling*	THAM	35	Cycling

*Kundenbetreuung von 08:30 - 19:00 Uhr

mit Online-Reservierung in unserer App

Indoor-Cycling Service bis 1. April 2021

