

# Group Fitness Programm

<b>Montag</b>	08:00	Indoor* JUMP&JOG	Lara	45	Jump
	08:30	Fit&Fit 60'	Reinold	55	Aerobic
	09:30	Vinyasa Yoga	Youngja	60	Aerobic
	09:00	Indoor-Cycling	Werner	75	Cycling
	09:30	DEEPWATER	Cheng	55	Aerobic
<b>Dienstag</b>	08:45	TOT* Suspension Training	Lee	55	Aerobic
	09:00	Indoor-Cycling	Nord	75	Cycling
	09:45	Tennis	Samuel	30	Aerobic
	09:45	Indoor* JUMP&JOG	Wolke	55	Jump
	09:45	Tennis	Janis	30	Aerobic
<b>Mittwoch</b>	08:45	DEEPWATER	Cheng	55	Aerobic
	09:30	Indoor* JUMP	Sarah	45	Aerobic
	09:00	Indoor-Cycling	Mina	75	Cycling
	09:30	Beverage-Restaurant	Cathy	55	Aerobic
<b>Donnerstag</b>	09:30	SOFTBALL	Ernst	55	Aerobic
	09:00	Indoor-Cycling	Andrea/Venissa	75	Cycling
	09:30	SOFTBALL	Jessica	75	Aerobic
<b>Freitag</b>	08:45	Stretch & Flow	Maria	30	Aerobic
	09:30	Flow	Cathy	55	Aerobic
<b>Sonntag</b>	09:00	Surprise *Any chance, We welcome!	Toni	55	Aerobic
<b>Sonntag</b>	09:30	Indoor-Cycling	Toni	75	Cycling

\*Kontaktierung via 09 30 - 9 10 104

\*Indoor-Cycling-Sonntag bis 4. April 2023

Scannen Sie diesen Platz in unserer App «Connection Wolfrathen»  
 oder besuchen Sie unsere Website.

