

LIVE ONLINEFITNESS

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
HAUPT KURS	PARALLEL KURS	HAUPT KURS	PARALLEL KURS	HAUPT KURS	PARALLEL KURS	HAUPT KURS	PARALLEL KURS	HAUPT KURS	PARALLEL KURS	HAUPT KURS	PARALLEL KURS	HAUPT KURS	PARALLEL KURS
		08.00 - 09.00 RÜCKENFIT						08.00 - 09.00 PILATES & SHAPE					
09.00 - 10.00 LES MILLS BODYPUMP		09.00 - 10.00 ZUMBA		09.00 - 10.00 FIT IN SHAPE		09.00 - 10.00 LES MILLS BODYPUMP		09.00 - 10.00 ZUMBA					
10.00 - 11.00 RÜCKENFIT		11.00 - 11.00 FUNCTIONAL		10.00 - 11.00 PILATES		10.00 - 11.00 RÜCKENFIT		10.00 - 11.00 LES MILLS BODYBALANCE				10.00 - 11.00 ZUMBA	
11.00 - 12.15 YOGA		11.00 - 12.15 YOGA		11.00 - 11.45 RUMPF-STABILITÄT		11.00 - 12.00 YOGA		11.00 - 12.00 RÜCKENFIT					
16.30 - 17.30 LES MILLS BODYATTACK		17.00 - 18.00 RÜCKENFIT										16.00 - 17.30 YOGA	
17.30 - 18.00 LES MILLS CORE	17.30 - 18.30 LES MILLS LMI STEP	18.00 - 18.30 LES MILLS CORE		17.00 - 18.00 ALLGEMEINE FITNESS		17.00 - 18.00 LES MILLS BODYPUMP	17.00 - 18.00 CYCLING	16.45 - 18.00 FIT IN SHAPE				17.30 - 18.30 LES MILLS BODYCOMBAT	
18.00 - 19.00 LES MILLS BODYPUMP		18.30 - 19.30 ZUMBA	18.00 - 19.00 CYCLING	18.00 - 19.00 LES MILLS BODYCOMBAT	18.30 - 19.30 CYCLING	18.00 - 19.00 CORE + HIIT	18.00 - 19.00 CYCLING	18.00 - 19.00 LES MILLS BODYBALANCE	18.00 - 19.00 ZUMBA				
19.00 - 20.00 LES MILLS BODYBALANCE		19.30 - 20.30 LES MILLS BODYCOMBAT	19.30 - 20.30 LES MILLS BODYJAM	19.00 - 20.00 LES MILLS BODYBALANCE		19.00 - 20.00 YOGA & MEDITATION		19.00 - 20.00 LES MILLS BODYCOMBAT					

LIVE ÜBER ZOOM