

Groupfitness Kursangebot



ab 02. Juni 2020

Montag

09:00 - 09:55	Fatburner	Eveline
12:10 - 13:05	Bodypump ®	Sandra
18:00 - 18:55	Bodypump ®	Georg
19:30 - 20:25	Tae Bo	Musa

Dienstag

08:30 - 09:25	Yoga	Chantal
18:00 - 18:55	Power Yoga	Rinzin
20:00 - 20:55	Zumba ®	Eveline

Mittwoch

09:45 - 10:40	bellincon ® JUMPING	Chantal
18:30 - 19:25	Bodypump ®	Deborah
20:00 - 20:55	Tae Bo	Musa

Donnerstag

08:30 - 09:25	Pilates	Michaela
18:30 - 19:25	DeepWork ®	Rinzin
20:00 - 20:55	M.A.X. ®/ CXWORX ®	Rinzin / Deborah

Freitag

09:00 - 09:55	Zumba ®	Eveline
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Samstag

10:00 - 10:55	M.A.X. ®/ CXWORX ®	Deborah
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Sonntag

10:00 - 10:55	Bodypump ®	Team
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