

KURSRAUM 1 - GROUP FITNESS

hier finden alle Live- Kurse mit unseren TrainerInnen statt

KURSRAUM 1	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 - 09:00							
09:00 - 10:00	YOGA 09:00 - 10:00	FATBURNER 09:00 - 10:00	PILATES 09:00 - 10:00	RÜCKENFITNESS 09:00 - 10:00	BBPR 09:00 - 10:00		
10:00 - 11:00	BBPR 10:00 - 11:00	RÜCKENFITNESS 10:00 - 11:00	BBPR 10:00 - 11:00	BODY WORKOUT 10:00 - 11:00	PILATES 10:00 - 11:00		
11:00 - 12:00							BODYPUMP 11:00 - 12:00
12:00 - 13:00							BODYBALANCE 12:00 - 13:00
16:00 - 17:00							
17:00 - 18:00	ZUMBA 17:00 - 18:00				BODYPUMP 16:30 - 17:30		
18:00 - 19:00	BODYBALANCE 18:00 - 19:00	BBPR 17:30 - 18:30	ZUMBA 18:00 - 19:00		CXWORX 17:30 - 18:00		
19:00 - 20:00	GRIT 19:00 - 19:30	BODYPUMP 18:30 - 19:30	GRIT 19:00 - 19:30	BODYPUMP 18:30 - 19:30	ZUMBA 18:00 - 19:00		
20:00 - 21:00	BODYPUMP 19:30 - 20:30	YOGA 19:30 - 20:30	BBPR 19:30 - 20:30	BODYBALANCE 19:30 - 20:30			

KURSRAUM 2 - INDOOR CYCLING

hier finden den ganzen Tag Cyber- Kurse statt. Alle Live- Kurse mit unseren TrainerInnen findest Du unten.

KURSRAUM 2	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
13:00 - 14:00							
14:00 - 15:00							INDOORCYCLING LIVE 14:00 - 15:00
17:00 - 18:00					INDOORCYCLING LIVE 17:00 - 18:00		
18:00 - 19:00							
19:00 - 20:00	INDOORCYCLING LIVE 19:00 - 20:00		INDOORCYCLING LIVE 19:00 - 20:00				
20:00 - 21:00		INDOORCYCLING LIVE 20:00 - 21:00		INDOORCYCLING LIVE 19:30 - 20:30			
21:00 - 22:00							