

GROUPFITNESSPLAN THUSIS



	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
06:30		FUNCTIONAL Eder		FUNCTIONAL Eder		
09:00		PILATES Judith	KRAFTTRAINING MIT BLACKROLL Andrea	CYCLING & BALANCE Eder	PILATES Judith	
09:30	BODYPUMP Nathalie					
17:45			BALANCEFIT Saskia			
18:00	FUNCTIONAL Patrik			FUNCTIONAL Patrik		
19:00	INDOOR CYCLING 60' Corsin		BODYPUMP Nathalie	INDOOR CYCLING 50' Rafael (Sommerpause)		
19:30		TAE BAO/BBP Marco				

16.6.2025