

Groupfitness Stundenplan

Wintersaison ab 20.10. 2025



Montag

09:30 – 10:30	LM Bodypump	Nathalie
10:40 – 11:10	Core	Nathalie
18:00 – 18:45	Functional	Patrik
19:00 – 20:15	Indoor Cycling	Corsin

Dienstag

06:30 – 07:15	Functional	Eder
09:00 – 09:55	Pilates	Judith
19:30 – 20:30	Tae Bo	Marco
20:30 – 21:00	Bauch Beine Po	Marco

Mittwoch

09:00 – 09:55	Krafttraining mit BLACKROLL	Andrea
10:05 – 10:35	Core	Diego
17:45 – 18:40	BalanceFit	Saskia
19:00 – 20:00	LM Bodypump	Nathalie

Donnerstag

06:30 – 07:15	Functional	Eder
09:00 – 09:50	Cycling und Balance	Eder
18:00 – 18:45	Functional	Patrik
19:00 – 20:00	Indoor Cycling	Raphael

Freitag

09:00 – 09:55	Pilates	Judith
19:15 – 20:15	LM Grit & Core	Nathalie/ Team

Sonntag

10:00 – 11:00	Sonntag-Spezial	mit Team
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