



# Cycling und Groupfitness

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
	<b>Cycling</b> 06.30 / 55' <i>Thomas</i>	<b>Power Yoga</b> 06.30 / 55' <i>Milena</i>			
<b>Inside Yoga</b> 09.00 / 55' <i>Rachel</i>	<b>FunTone®</b> 09.00 / 55' <i>Melina</i>	<b>M.A.X. &amp; Core</b> 09.00 / 55' <i>Tatjana</i>	<b>Functional Fitness</b> 09.00 / 55' <i>Marina</i>	<b>Rücken Fitness</b> 09.00 / 55' <i>Team</i>	<b>Samstag Fit</b> 09.30 / 55' <i>Team</i>
<b>Rücken Gym</b> 10.00 / 55' <i>Marina</i>	<b>Kraft &amp; Balance</b> 10.00 / 55' <i>Tatjana</i>	<b>Faszien Stretching</b> 10.00 / 55' <i>Tatjana</i>		<b>Kraft &amp; Balance 55+</b> 10.00 / 45' <i>Melina</i>	
<b>Cycling</b> 12.15 / 45' <i>Team</i>	<b>Body Toning</b> 12.15 / 50' <i>Edith</i>	<b>Pilates</b> 12.15 / 50' <i>Milena</i>	<b>BodyArt</b> 12.15 / 50' <i>Yvonne</i>	<b>M.A.X. &amp; Core</b> 12.15 / 45' <i>René</i>	
	<b>Faszien Stretching</b> 16.30 / 55' <i>Tatjana</i>				
<b>Power Work</b> 18.00 / 55' <i>Edith</i>	<b>Pilates</b> 18.00 / 55' <i>Sandra</i>	<b>Power Work</b> 18.00 / 55' <i>Daniela</i>	<b>Kraft &amp; Balance Sypoba</b> 18.00 / 55' <i>Jeff</i>	<b>Cycling</b> 18.00 / 55' <i>René</i>	
<b>M.A.X. &amp; Core</b> 19.00 / 55' <i>Tatjana</i>		<b>Zumba</b> 19.00 / 55' <i>Sandra</i>	<b>Tae Bo 2.0®</b> 19.00 / 55' <i>Axel</i>		
			<b>Six Pack</b> 20.00 / 20' <i>Axel</i>		

Eine Anmeldung via Technogym App ist erforderlich/ Aus organisatorischen Gründen können Kursleiter oder Kurse gewechselt werden