

Groupfitness Stundenplan

Sommersaison ab 04.05.2026



Montag

09:00 – 10:00	LM Bodypump	Nathalie
10:15 – 11:00	LM Bodybalance	Nathalie
19:00 – 19:45	Functional	Patrik
19:00 – 20:15	Indoor Cycling	Corsin

Dienstag

06:30 – 07:15	Functional	Eder
09:00 – 09:55	Pilates	Judith
18:30 – 19 :30	Hybrid Training	Kai
19:30 – 20:30	Tae Bo	Marco
20:30 – 21:00	Bauch Beine Po	Marco

Mittwoch

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

Donnerstag

06:30 – 07:15	Functional	Eder
18:00 – 18:55	Yoga	Boglárka

Freitag

09:00 – 09:55	Pilates	Judith
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Sonntag

09:00 – 10:00	Sonntag-Spezial	mit Team
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