

Cycling und Groupfitness

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
	Cycling 06.30 / 55' <i>Thomas</i>	Power Yoga 06.30 / 55' <i>Milena</i>			
Inside Yoga 09.00 / 55' <i>Rachel</i>	FunTone® 09.00 / 55' <i>Melina</i>	M.A.X. & Core 09.00 / 55' <i>Tatjana</i>	Rückenfitness fortgeschr. 09.00 / 55' <i>Marina</i>	Rückenfitness 09.00 / 55' <i>Kai</i>	Samstag Fit 09.30 / 55' <i>Team</i>
Rückenfitness 10.00 / 55' <i>Marina</i>	Kraft & Balance 10.00 / 55' <i>Tatjana</i>	Faszien Stretching 10.00 / 55' <i>Tatjana</i>		Kraft & Balance 55+ 10.00 / 45' <i>Melina</i>	
Cycling 12.15 / 45' <i>Team</i>	Body Toning 12.15 / 50' <i>Edith</i>	Pilates 12.15 / 50' <i>Milena</i>	BodyArt 12.15 / 50' <i>Yvonne</i>	M.A.X. & Core 12.15 / 45' <i>René</i>	
	Faszien Stretching 16.30 / 55' <i>Tatjana</i>				
Power Work 18.00 / 55' <i>Edith</i>	Pilates 18.00 / 55' <i>Sandra</i>	Power Work 18.00 / 55' <i>Daniela</i>	Kraft & Balance 18.00 / 55' <i>Jeff</i>	Dancess 18.00 / 55' <i>Dajana</i>	
M.A.X. & Core 19.00 / 55' <i>Tatjana</i>	LM Bodybalance 19.00 / 55' <i>ab 1. September</i>	Zumba 19.00 / 55' <i>Sandra</i>	Tae Bo 2.0® 19.00 / 55' <i>Axel</i>		
			Six Pack 20.00 / 20' <i>Axel</i>		

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