

# Groupfitness Kursangebot



ab 18. März 2024

## Montag

09:00 - 09:55	Indoor Cycling	Stefan
12:10 - 13:05	Bodypump®	Sandra
17:55 - 18:50	Bodypump®	Georg
19:00 - 19:55	Tae Bo	Musa
20:00 - 20:55	Indoor Cycling	Achim

## Dienstag

08:30 - 09:25	Yoga	Chantal
18:00 - 18:55	Power Yoga	Rinzin
19:00 - 19:55	M.A.X.® / LM Core®	Rinzin
20:00 - 20:55	Zumba®	Jaqueline

## Mittwoch

08:45 - 09:40	Bauch, Beine, Po	Sandra
09:45 - 10:40	bellicon® Health	Chantal
17:50 - 18:45	Indoor Cycling	Marcel
19:00 - 19:55	Bodypump®	Deborah
20:00 - 21:00	Tae Bo	Musa

## Donnerstag

08:30 - 09:25	Body Toning Light	Sandra
09:35 - 10:30	Bodypump®	Sandra
18:30 - 19:25	DeepWork®	Rinzin
19:30 - 20:25	Dancess	Deborah

## Freitag

06:30 - 07:25	Indoor Cycling	Stefan
08:00 - 08:55	Stretch & Faszien	Chantal
09:00 - 09:55	Zumba®	Jaqueline
18:15 - 19:45	Indoor Cycling	Marcel

## Samstag

10:00 - 10:55	M.A.X.® / LM Core®	Deborah
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## Sonntag

10:00 - 10:55	Bodypump®	Team
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