

MONTAG

09:00 - 12:00
Freies Training

17:00 - 21:00
Freies Training

18:00 - 18:45 **+ Stream**
Zumba Fitness

19:00 - 19:45 **+ Stream**
CardioBoxing

20:00 - 20:45 **+ Stream**
Pilates

DIENSTAG

09:00 - 12:00
Freies Training

10:00 - 10:45 **+ Stream**
Pilates **NEU**

17:00 - 21:00
Freies Training

18:00 - 18:45 **+ Stream**
Pilates

19:00 - 19:45 **+ Stream**
HIIT - up

20:00 - 20:45
Schlingentraining - TRX

MITTWOCH

09:00 - 12:00
Freies Training

09:30 - 10:00 **NEU**
Schlinge-AGILITY - TRX

10:00 - 10:45 **+ Stream**
groupfit - AKTIV **NEU**

17:00 - 21:00
Freies Training

18:00 - 18:45
Functional Training

19:00 - 19:45 **+ Stream**
BodyFit

20:00 - 21:00 **+ Stream**
Yoga / Yin Yoga

DONNERSTAG

09:00 - 12:00
Freies Training

10:00 - 10:45 **+ Stream**
Gesunder Rücken

17:00 - 21:00
Freies Training

17:00 - 17:45 **+ Stream**
Yogilates / Stretching

18:00 - 18:45 **+ Stream**
STEP Aerobic - Basic

19:00 - 19:45 **+ Stream**
STEP Aerobic - Advanced

20:00 - 21:00 **+ Stream**
Präventionskurs

FREITAG

09:00 - 12:00
Freies Training

09:00 - 09:45 **+ Stream**
Bewegter Rücken

10:00 - 11:00 **+ Stream**
Präventionskurs

17:00 - 19:00
Freies Training

17:00 - 17:45
Schlingentraining - TRX

18:00 - 18:45 **+ Stream**
Stoffwechsel-Aktivierung

SAMSTAG

10:00 - 13:00
Freies Training

10:00 - 10:45 **+ Stream**
Bauch-Beine-Po

11:00 - 11:45 **+ Stream**
Pilates

12:00 - 12:45
Functional Training

NEU
Neuer Kurs

+ Stream
inkl. Livestream