

MONTAG

09:00 - 14:00
Freies Training

10:00 - 10:45
Pilates

+ Stream
NEU

16:00 - 21:00
Freies Training

18:00 - 18:45
Yoga

+ Stream
★ **NEU**

19:00 - 19:45
CardioBoxing

+ Stream

20:00 - 20:45
Pilates

+ Stream

DIENSTAG

09:00 - 14:00
Freies Training

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

NEU

10:00 - 10:45
groupfit - AKTIV

+ Stream
NEU

16:00 - 21:00
Freies Training

18:00 - 18:45
Pilates

+ Stream

19:00 - 19:45
Bodystyling

+ Stream
NEU

20:00 - 20:45
Schlingentraining - TRX

MITTWOCH

09:00 - 14:00
Freies Training

10:00 - 10:45
Bewegter Rücken

+ Stream
NEU

17:00 - 21:00
Freies Training

18:00 - 18:45
Functional Training

19:00 - 19:45
Bauch-Beine-Po

+ Stream
NEU

20:00 - 21:00
Präventionskurs

DONNERSTAG

09:00 - 14:00
Freies Training

10:00 - 10:45
Gesunder Rücken

+ Stream

16:00 - 21:00
Freies Training

18:00 - 18:45
Fatburner

+ Stream

19:00 - 19:45
STEP Aerobic

20:00 - 20:45
Yoga

+ Stream
★ **NEU**

FREITAG

09:00 - 13:00
Freies Training

10:00 - 11:00
Präventionskurs

11:00 - 12:00
Präventionskurs

NEU

15:00 - 19:00
Freies Training

17:00 - 17:45
Schlingentraining - TRX

18:00 - 18:45
Stoffwechsel-Aktivierung

+ Stream

SAMSTAG

10:00 - 13:00
Freies Training

10:00 - 10:45
Bauch-Beine-Po

+ Stream

11:00 - 11:45
Pilates

+ Stream

12:00 - 12:45
Functional Training

NEU
Neuer Kurs

+ Stream
inkl. Livestream

★
geplant ab mitte Januar