

GROUPFITNESS

Anmeldung und Reservation ganz einfach auf unserer App.



MONTAG

08.15 - 09.00	Bodyforming
09.10 - 09.55	BODYCOMBAT®
10.00 - 11.00	Yoga Flow
12.15 - 13.00	BODYPUMP®
17.00 - 18.00	HYROX - Group
18.45 - 19.30	BODYSTEP®
18.45 - 19.30	LesMills Tone®
19.00 - 19.45	RPM®
19.35 - 20.20	Pilates - LesMills

DIENSTAG

08.15 - 09.00	Bodytoning
09.00 - 09.45	RPM®
09.10 - 10.10	BODYPUMP®
10.10 - 10.55	LesMills DANCE®
18.00 - 19.00	Yoga Flow
18.30 - 19.30	HYROX - Group
19.00 - 20.00	BODYPUMP®

MITTWOCH

09.00 - 10.00	HYROX - Group
09.10 - 09.55	BODYSTEP®
10.00 - 11.00	BODYBALANCE®
12.15 - 13.00	BODYPUMP®
18.15 - 19.05	BODYCOMBAT®
19.10 - 20.05	BODYBALANCE®
19.15 - 20.15	HYROX - Group

DONNERSTAG

08.05 - 09.05	Rückenfit
09.00 - 09.45	RPM®
09.10 - 09.55	LesMills Tone®
10.00 - 10.30	CORE®
18.00 - 18.45	BODYATTACK®
18.50 - 19.50	BODYBALANCE®
19.00 - 20.00	HYROX - Group
20.00 - 21.00	BODYPUMP®

FREITAG

08.05 - 09.05	Faszien YOGA
09.10 - 09.55	BODYPUMP®
10.00 - 10.45	BODYSTEP®
12.15 - 13.00	CORE® 45'
18.00 - 19.00	HYROX - Group

SAMSTAG

09.00 - 09.45	LesMills Tone®
09.45 - 10.35	Pilates

SONNTAG

09.00 - 09.30	CORE®
09.30 - 10.00	BODYATTACK®
10.00 - 11.00	HYROX - Group
10.10 - 11.10	BODYPUMP®

