

Group Fitness

Sommer 2024

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|----------------------------------|---------------------------------|--------------------------------|----------------------------|---------------------------|------------------------------|
| | 09.30-10.30 Pilates | ab 14. August 09.15 Cycling | 09.30-10.30 Aroha | 09.30-10.30 Pilates | |
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| ab 2. September 12.15 Cycling | | | | | 11.00-12.00 Outdoor Zumba |
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| 18.00-18.55 BWT | 18.00-18.55 Yoga | 18.00-18.55 Outdoor F.I.T. | 18.00-18.55 Pilates | 18.00-18.55 Swiss Pump | |
| 19.00-19.55 Kick | ab 13. August 19.00 Piloxing | 19.00-19.55 Zumba | 19.00-19.55 Step & Tone | | |
| | | 19.15-20.15 Cycling | | | |
| 20.00-20.55 BodyART | | 20.00-20.55 Swiss Pump | | | |

Änderungen vorbehalten! Stand: 04.07.2024