

Gültig ab dem 02.01.2018

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG	
08.00	MORNING SPORTS (30')		MORNING SPORTS (30')		PILATES (50')		MORNING SPORTS (30')		MORNING SPORTS (30')			
09.00												
10.00	BLACKROLL (30')		RÜCKENFIT (45')		BLACKROLL (30')		BODY SHAPE (45')		BLACKROLL (30')			
10.30											Zirkelkurs nach Wahl (45')	
11.00												
12.15	TABATA XPress (30')		LUNCH FITNESS (30')		LUNCH PILATES (30')		LUNCH FITNESS (30')		METABOLIC BLAST (30')			
12.30									YOGA (50')		Zirkelkurs nach Wahl (45')	
	PAUSEZEIT		täglich		13.30 UHR		-		15.00 UHR			
16.00												
17.00	FATBURNER (45')	Yoga (60')	POWER ZIRKEL (30')	BLACKROLL - PILATES (50')	SEXY BAUCH (45')	RÜCKEN FIT (50')	BODY BLAST (30')	BBP (50')	BODY SHAPE (45')			
18.00	POWER ZIRKEL (30')	BBP (50')	TABATA (45')	SELF DEFENCE (50')	TABATA (45')	ZUMBA® (50')	HIIT (30')	ZUMBA® (50')	HIIT (30')			
19.00	BLACKROLL (30')	NIA (50')	FITBOXEN (50')		BLACKROLL (30')	STRONG by Zumba® (50')	FITBOXEN (50')		BLACKROLL (30')			

 Zirkelkurs (45min)

 Zirkelkurs XPress (25min)

 Group Fitness (50min)

 Group Fitness XPress (25min)

 Blackroll® Kurs

 TRX® Functional Kurs