

Wochenplan gültig ab 1.10.23

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:15	Spinning		Body Toning/ Mobility		BBP meets Pilates		Easy Step
09:30		Langhanteltraining			NEU!		09:30 - 10:10
09:45	09:15 – 10:15	09:15 - 10:15	09:15 – 10:15		09:15 - 10:15		40min.
10:00	Raum 2	Raum 1	Raum 1		Raum 1		Raum 1
10:15							
10:30							
10:45							Vinyasa Power Yoga
11:00							10:15 - 11:15
11:15							Raum 1
11:30							
18:00	Bellicon Jumping	Pilates	Bauch-Beine-Po-Rücken	Intervalltraining	Body Toning		
18:15	18:00 - 19:00	18:00 – 19:00	18:00 – 19:00	18:00 - 19:00	18:00 - 19:15		
18:30	Raum 1	Raum 1	Raum 1	Raum 1	Raum 1		
18:45	Dance Aerobic			Langhanteltraining	75min.		
19:00	18:00 - 19:00	Bellicon Jumping	Pilates	19:00 - 20:00			
19:15	Raum 2	19:00 – 20:00	19:00 – 20:00	Spinning			
19:30	Fun Tone/ deepwork	Raum 1	Raum 1	19:00 - 20:00			
19:45	19:00 - 20:00			Raum 2			