

Wochenplan gültig ab 14.10.2024

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:15	Spinning		Body Toning/ Mobility		BBP meets Pilates		Easy Step
09:30		Langhanteltraining					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 ab 19.11.24	Bauch-Beine-Po-Rücken	Body Toning	Jumping meets Tabata		
18:15	18:00 - 19:00	17:00 - 18:00	18:00 – 19:00	18:00 - 19:00	18:00 - 19:00		
18:30	Raum 1	Pilates	Raum 1	Raum 1	Raum 1		
18:45		18:00 – 19:00					
19:00	Dance Aerobic	Bellicon Jumping	Pilates	Langhanteltraining			
19:15	18:00 - 19:00	19:00 – 20:00	19:00 – 20:00	19:00 - 20:00			
19:30	Fun Tone/ deepwork	Raum 1	Raum 1	Spinning			
19:45	19:00 - 20:00			19:00 - 20:00			