

GROUP FITNESS HERBST KURSPLAN



VORMITTAGS

NACHMITTAGS

MONTAG

LES MILLS TONE
09.00 – 10.00

BodyBALANCE
10.00 – 11.00

DIENSTAG

Bodyshape
09.00 – 10.00

Rehasport
10.00 – 10.45

MITTWOCH

BodyPUMP
09.00 – 10.00

DONNERSTAG

Jumping
09.00 – 10.00

Rehasport
10.00 – 10.45

FREITAG

Bodyshape
09.00 – 10.00

SAMSTAG

Zumba
11.00 – 12.00

Jumping
12.00 – 13.00

SONNTAG

BodyPUMP
09.45 – 10.45

Jumping
11.00 – 12.00

Yoga
12.00 – 13.00

Kids Club
16.00 – 17.00

ZUMBA
17.30 – 18.30

Energy+
18.00 – 18.35

BodyATTACK
18.30 – 19.30

BodyPUMP
19.30 – 20.30

Bodyshape
17.30 – 18.30

Pilates
18.30 – 19.30

Energy+
19.00 – 19.35

Jumping
19.30 – 20.30

Kids Club
16.00 – 17.00

BodyBALANCE
17.30 – 18.30

Bodyshape
18.30 – 19.30

GRIT
18.30 – 19.00

Functional Tower
19.00 – 19.45

Step Aerobic
19.30 – 20.30

BodyATTACK
17.30 – 18.30

BodyPUMP
18.30 – 19.30

Functional Tower
19.00 – 19.45

BodyBALANCE
19.30 – 20.30

Functional Tower
17.00 – 17.45

Dance
17.15 – 18.15

BodyCOMBAT
18.15 – 19.15