

HALLE 1
9:00 - 10:00
10:00 - 11:00
11:00 - 12:00
12:00 - 13:00
13:00 - 14:00
14:00 - 15:00
15:00 - 16:00
16:00 - 17:00
17:00 - 18:00
18:00 - 19:00
19:00 - 20:00
20:00 - 21:00

MONTAG
WSG
Bodystyling
Pilates
Tae Bo

DIENSTAG
Fatburner
Zumba
Iron System

MITTWOCH
Gesundes Herz (09:15 - 10.15)
WSG (10:30 - 11.30)
Kinder Tae Bo 4-6 jährige
Kinder Tae Bo 6-12 jährige
Step Aerobic
Bodystyling
Pilates

DONNERSTAG
Functional Workout
Aerobic

FREITAG
Pilates
Fatburner (17:30 - 18.30)
Waschbrettbauch Pur (18:30 - 19.00)
Yoga

SAMSTAG
Hot Iron (10:15 - 11.15)
Kettlebell (11:15 - 11.45)
Tae Bo Technik
Tae Bo Workout
Kinder Tae Bo (14:15 - 15.15)

SONNTAG
Zumba Technik
Zumba Workout

HALLE 2
17:00 - 18:00
18:00 - 19:00
19:00 - 20:00
20:00 - 21:00

MONTAG
Spinning
Spinning

DIENSTAG
Spinning (18:30 - 19.30)

MITTWOCH
Spinning
Spinning

DONNERSTAG

FREITAG
Spinning
Spinning

SAMSTAG

SONNTAG
Spinning (10:30 - 11.30)
Spinning (11:45 - 12.45)