

GRUPPENKURSE Winter: 1. Januar 2019 bis 31.März 2019

| MO | DI | MI | DO | FR | SA | SO |
|--|---|----------------------------------|--------------------------------|---------------------------------|---|-----------------------------------|
| Rückengym mit TRX 08.30 - 09.20h | Yoga (Nacken-Schulter) 9.00 - 9.50h | Hatha Yoga 09.00 - 09.50h | | Pilates Reha 08.30 - 09.20h | | |
| Rückengym mit TRX 09.30 - 10.20h | Fun-Tone 10.00 - 10.50h | Zumba 10.00 - 10.50h | Jumping 10.00 - 10.50h | Pilates Reha 09.30 - 10.20h | Zumba 10.00 - 10.50h | |
| Fit ab 65 10.30 - 11.20h | | | | Line Dance 10.45 - 12.00h | Jump & Tone 11.00 - 11.50h | Sunday Surprise 11.00 - 11.50h |
| | | | | | /POUND am letzten Samstag des Monat | |
| Pound 12.15 - 13.05h | BauchKILLER 12.15 - 12.45h | Pilates Reha 12.15 - 13.05h | BauchBeinePo 12.15 - 13.00h | Jumping 12.15 - 13.03h | | TRX Body Blast 12.00 - 12.55h |
| | STRETCHING 12.45 - 13.05h | | | Zumba 17.00 - 17.50h E/F | | STRETCHING 12.55 - 13.15h |
| STRONG by Zumba 18.00 - 19.00h | Jumping 18.00 - 18.50h | | Zumba 18.00 - 18.50h | Cardio&Boxing 18.00 - 18.50h | | |
| Pilates 19.05-19.55h | BauchKILLER 19.00 - 19.35h | TRX Body Blast 19.00 - 19.50h | Pound 19.00 - 19.50h | | | |