

Balance Fit Gruppenkurse ab 1. Juni 2019

MO	DI	MI	DO	FR	SA	SO
TRX®-Rückengym 08.30 - 09.20h	Yoga (Nacken-Schulter) 9.00 - 9.50h	Hatha Yoga 09.00 - 09.50h	Cardio Cross- training 9.00 - 9.25h	Pilates (leicht) 08.30 - 09.20h		
TRX®-Rückengym 09.30 - 10.20h	FunTone 10.00 - 10.50h	Zumba 10.00 - 10.50h	Jumping 09.30 - 10.20h	Pilates (leicht) 09.30 - 10.20h		
TRX® leicht 10.30 - 11.20h					Jumping 11.00 - 11.50h	Sunday Surprise 11.00 - 11.50h
Rücken & Bauch 12.15 - 13.05h	BauchKILLER 12.15 - 12.50h	Pilates 12.15 - 13.05h	BauchBeinePo 12.15 - 13.05h	Jumping 12.15 - 13.05h	Zumba (Immer am letzten Samstag des Monats) 12.00 - 12.50h	TRX® Body Blast 12.00 - 12.55h
	STRETCHING 12.50 - 13.05h	Hip Hop Kinder 14.30 - 15.20h		Zumba 17.00 - 17.50h		STRETCHING 12.55 - 13.15h
Bikini Fit 18.00 - 18.50h	Jump & Tone 18.00 - 18.50h	STRONG® 18.00 - 19.00h	Jumping 18.00 - 18.50h	Cardio Boxing 18.00 - 18.50h		
Pilates 19.00 - 19.50h	Pump it up 19.00 - 19.50h	TRX® Body Blast 19.05 - 19.55h				