

Group Fitness Stundenplan ab 21.2.22

⇒ Nächster Stundenplan 01.03.2022

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Pilates/Yoga Mila/Tanja 09:00	Fit Agers Rita 08:30	Body BALANCE® Antonella 09:00	Fit Agers Rita 08:30	Body BALANCE® Nadja 09:00	Body STEP® Simona 09:15	Body BALANCE® Team 09:15
	Body PUMP® Nagat 09:45		LM CORE® 45' Andrea 09:45	Body STEP® 45' Nicole 10:15	Body COMBAT® Chris 10:30	Body PUMP® Team 10:30
				Body PUMP® 45' Chris 12:15		
ab 21.2.2022 Indoor Cycling Manuela 17:30	POWER WORKOUT 45' David 17:30	Body PUMP® Enea 17:30		LM CORE®/ BALANCE® 75' Antonella 17:30		
Body PUMP® Enea/Daniel 17:30	Body PUMP® 45' Rita 18:30	Body BALANCE® Nadja 18:45	Body COMBAT® Nagat 18:30			
Body STEP® Nicole 18:45			Body PUMP® Stefan 19:45			
Body BALANCE® Nagat 20:00	LM CORE® 45' Jacqueline 19:30	ZUMBA Silvia 20:00				

LES MILLS
BODYBALANCE

LES MILLS
BODYPUMP

LES MILLS
BODYCOMBAT

LES MILLS
BODYSTEP

LES MILLS
CORE

Informationen, wie kurzfristige
Programmänderungen,
Specials usw. erfolgen über
WhatsApp