

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	Sonntag
Zeit	K2	Zeit	K2	Zeit	K2	Zeit	K2	Zeit	K2	K2	K2
08:00		08:00		08:00	Yoga	08:00	Fitness Yoga	08:00	Functional Training		
09:00	Bauch Express	09:00		09:00		09:00		09:00		RückenFIT 10.30-11.30 Uhr	
10:00	RückenFIT	10:00		10:00		10:00		10:00		BBP* 11.30-12.30 Uhr	
11:00	Golf meets Fitness	11:00		11:00		11:00		11:00			ZUMBA 14.30-15.30 Uhr
14:00		14:00		14:00		14:00		14:00			Yoga-PilatesMix 15.30-16.30 Uhr
15:00		15:00		15:00		15:00		15:00		Trainerteam Juliane Galke Heike Mörschel Mimmi Mayr Kamyar Sadeghi Sabine Jöhnk Sebastian Peinemann Nok Hattavej York Golinski Dilber Kayis	
16:00		16:00	Fitness Yoga	16:00		16:00	Golf meets Fitness	16:00			
17:00		17:00		17:00		17:00	Functional Training	17:00			
18:00	BBP*	18:00		18:00	Bauch Express	18:00	Pilates	18:00			
	Full Body Workout				FaszienFitness						
19:00		19:00	Yoga	19:00		19:00	ZUMBA	19:00			
					Yoga						
20:00		20:00		20:00		20:00		20:00			

Gültig ab 01. September 2020

Kurse am Sonntag ab 13. September 2020

*BBP=BauchBeinePo