

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		
	Skigymnastik										
09:00		09:00		09:00		09:00		09:00			
	Bauch Express						Functional Training				
10:00	RückenFIT	10:00		10:00		10:00		10:00			
11:00	Golf meets Fitness	11:00		11:00		11:00		11:00			
14:00		14:00		14:00		14:00		14:00			
15:00		15:00		15:00		15:00		15:00			
16:00		16:00		16:00		16:00	Golf meets Fitness	16:00			
17:00		17:00		17:00	Skigymnastik	17:00		17:00			
	BBP*										
18:00		18:00	Fitness Yoga	18:00	Bauch Express	18:00	Pilates	18:00			
	Full Body Workout				FaszienFitness						
19:00		19:00	Yoga 19:15-20:15	19:00		19:00	ZUMBA	19:00			
					Yoga						
20:00		20:00		20:00		20:00		20:00			

Trainerteam
 Juliane Galke
 Heike Mörschel
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 Sabine Jöhnk
 Sebastian Peinemann
 Nok Hattavej
 York Golinski

Gültig ab 01. November 2020

*BBP=BauchBeinePo