

Group Fitness

Sommer 2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	09.30-10.30 Pilates	09.15-10.15 Cycling	09.30-10.30 Aroha	09.30-10.30 Pilates	
					11.00-12.00 Outdoor Zumba
			16.00 - 17.00 Vermietet		
18.00-18.55 BWT	18.00-18.55 Yoga	18.00-18.55 Outdoor F.I.T.	18.00-18.55 Pilates	18.00-18.55 Swiss Pump	
19.00-20.00 Kick	19.00-19.55 Piloxing	19.00-19.55 Zumba	19.00-19.55 BBP		
			19.15-20.15 Cycling		
20.00-20.55 BodyART		20.00-20.55 Swiss Pump			

Änderungen vorbehalten! Stand: 31.05.2023