

Groupfitnessplan Sommerplan 29.6. – 16.8.2020

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
Morgen		FunTone® 09.00 / 55' <i>Alle</i> Rachel	Rücken Fitness 09.00 / 55' <i>Alle</i> Andrea	ZUMBA® 09.00 / 55' <i>Alle</i> Janick	Rücken Fitness 09.00 / 55' <i>Alle</i> Rachel	
		Pilates® 10.10 / 50' <i>Alle</i> Sandra		Faszien-Yoga 10.10 / 50' <i>Alle</i> Andrea		FunTone® 09.30 / 55' <i>Alle</i> Team
Mittag	Antara® 12.15 / 50' <i>Alle</i> Andrea St.	Body Forming 12.15 / 50' <i>Alle</i> Edith	Pilates 12.15 / 50' <i>Alle</i> Milena		M.A.X. & Core 12.15 / 45' <i>Alle</i> René	
Abend				Tai Chi 16.45 / 55' <i>Pause 26.7. – 16.8.</i> Corina		
	Muskel Work 17.55 / 55' <i>Mittel / Fortgeschritten</i> Edith	Tae Bo 2.0® 18.00 / 55' <i>Alle</i> Axel	Muskel Work 18.00 / 55' <i>Alle</i> Daniela	FunTone® 18.00 / 55' <i>Alle</i> Rachel	ZUMBA® 18.00 / 55' <i>Alle</i> Dajana	
	Step Aerobic 19.05 / 50' <i>Alle / Mittel</i> Andrea	Pilates 19.15 / 55' <i>Alle</i> Sandra	ZUMBA® 19.15 / 55' <i>Alle</i> Dajana			
	Faszien-Yoga 20.10 / 50' <i>Alle</i> Andrea					

Aus organisatorischen Gründen können Kursleiter oder Kurse gewechselt werden / Kurspläne werden jahreszeitlich angepasst.