



MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

mittags / vormittags

abends / nachmittags

9.30 - 10.30
Full BodyWorkout
10.30 - 11.30
SOFT FITNESS

9.00 - 10.00
Rücken Vital
10.00 - 11.00
PILATES

8.30 - 9.30
Mobility & Gymnastik
9.30 - 10.30
BBRP
10.30 - 11.30
JUMPING LIGHT

9.00 - 10.30
YOGA

9.00 - 10.00
Langhantel Workout
10.00 - 10.45
stretch&relax

10.00 - 11.00
BodyFit
11.00 - 12.00
Vital Fit

10.00 - 11.00
Stretch & Mobility
11.00 - 12.00
BodyShape
12.00 - 13.00
ZUMBA

17.00 - 17.55
JUMPING FITNESS

17.30 - 18.00
BBP

18.05 - 18.55
PILATES

18.00 - 19.00
Hot Iron Cross

18.00 - 18.50
CYCLING

18.30 - 19.30
JUMPING FITNESS

18.00 - 19.00
Yoga

19.00 - 20.15
CYCLING

19.15 - 20.30
Hatha Yoga

19.00 - 20.00
PILATES

19.45 - 20.30
LANGHANTEL workout

UNSERE ÖFFNUNGSZEITEN

Montag - Freitag
8 - 22 Uhr

Samstag / Sonntag
9 - 18 Uhr