

Mon

06:30 - 07:20
BASICS - Functional HIIT
X-Athletics Area
Trainer Theresa / Max

07:30 - 08:20
BASICS - Functional FIT
Group Fitness Area
Trainerin Theresa / Max

12:00 - 12:30
BASICS - Pilates Flow
Group Fitness Area
Trainerin Henken

12:30 - 13:15
BASICS - Pilates Flow
Group Fitness Area
Trainerin Henken

16:30 - 17:20
BASICS - Rücken FIT
Group Fitness Area
Trainer Julian / Chris

17:00 - 18:00
X-ATHLETICS - Skill & Tech
X-Athletics Area
Trainerin Katrin

Tue

06:30 - 07:20
BASICS - Functional HIIT
X-Athletics Area
Trainer Theresa / Max

07:30 - 08:20
BASICS - Functional FIT
X-Athletics Area
Trainer Chris

12:00 - 12:20
BASICS - Relax Neck & S.
Group Fitness Area
Trainerin Theresa

12:30 - 13:00
BASICS - Stretch & Mobility
Group Fitness Area
Trainerin Theresa

16:30 - 17:20
BASICS - Rücken FIT
Group Fitness Area
Trainer Julian / Chris

17:00 - 17:50
BASICS - Yoga meets HIIT
Group Fitness Area
Trainerin Anna

Wed

06:30 - 07:20
BASICS - Functional HIIT
X-Athletics Area
Trainer Theresa / Max

07:30 - 08:30
X-ATHLETICS - Skill & Tech
X-Athletics Area
Trainer Katrin / Chris

12:00 - 12:30
BASICS - Pilates Flow
Group Fitness Area
Trainerin Henken

12:30 - 13:15
BASICS - Pilates Flow
Group Fitness Area
Trainerin Henken

16:30 - 17:20
BASICS - Rücken FIT
Group Fitness Area
Trainer Julian / Chris

17:00 - 17:50
BASICS - Yoga meets HIIT
Group Fitness Area
Trainerin Anna

Thu

06:30 - 07:30
BASICS - Yoga Flow
Group Fitness Area
Trainerin Anna

07:40 - 08:30
BASICS - Yoga meets HIIT
Group Fitness Area
Trainerin Anna

12:00 - 12:20
BASICS - Relax Neck & S.
Group Fitness Area
Trainerin Max / Chris

12:30 - 13:00
BASICS - Stretch & Mobility
Group Fitness Area
Trainerin Max / Chris

16:30 - 17:20
BASICS - Rücken FIT
Group Fitness Area
Trainer Julian / Chris

17:00 - 17:50
BASICS - Rücken FIT
Group Fitness Area
Trainer Chris

Fri

07:00 - 07:50
BASICS - Functional HIIT
X-Athletics Area
Trainer Max

12:00 - 13:00
X-ATHLETICS - Skill & Tech
X-Athletics Area
Trainerin Katrin

16:30 - 17:20
BASICS - Rücken FIT
Group Fitness Area
Trainer Julian / Chris

17:00 - 17:50
BASICS - Rücken FIT
Group Fitness Area
Trainer Chris