

Mon

06:30 - 07:20

FUNCTIONAL HIIT

X-Athletics Area
TrainerIn Theresa / Max

12:00 - 12:30

PILATES meets YOGA

Group Fitness Area
Trainerin Anja

12:30 - 13:15

PILATES meets YOGA

Group Fitness Area
Trainerin Anja

16:30 - 17:20

RÜCKEN FIT

Group Fitness Area
Trainerin Theresa

17:00 - 18:00

X-ATHLETICS

X-Athletics Area
Trainerin Katrin

Tue

07:00 - 07:50

FUNCTIONAL FIT

X-Athletics Area
Trainer Chris

12:00 - 12:20

RELAX - Neck & Shoulder

Group Fitness Area
Trainer Max / Chris

12:30 - 13:00

RELAX - Stretch & Mobility

Group Fitness Area
Trainer Max / Chris

17:00 - 17:50

YOGA meets HIIT

Group Fitness Area
Trainerin Anna

Wed



12:00 - 12:30

PILATES meets YOGA

Group Fitness Area
Trainerin Anja

12:30 - 13:15

PILATES meets YOGA

Group Fitness Area
Trainerin Anja



Thu

07:00 - 08:00

YOGA FLOW

Group Fitness Area
Trainerin Anna

12:00 - 12:20

RELAX - Neck & Shoulder

Group Fitness Area
Trainer Max / Chris

12:30 - 13:00

RELAX - Stretch & Mobility

Group Fitness Area
Trainer Max / Chris



17:00 - 17:50

RÜCKEN FIT

Group Fitness Area
Trainer Chris



Fri

07:00 - 07:50

FUNCTIONAL HIIT

X-Athletics Area
Trainer Max

12:00 - 13:00

X-ATHLETICS

X-Athletics Area
Trainerin Katrin

