

Mo	Di	Mi	Do	Fr	Sa	So
	9:30 - 10:20h Wirbelsäule K, B / 1 <i>Claudia</i>	9:30 - 10:20h Power Dumbbell A, K / 1-2 <i>Claudia</i>	9:30 - 10:20h Yogilates MB, K, B / 1 <i>Lisa</i>			
10:30 - 11:10h Walking Workout A, F, C / 1 <i>Mary Ann</i>	10:20 - 11:10h Fatburner A, F, C / 1-2 <i>Claudia</i>	10:20 - 11:10h Latin Dance A, C / 1 <i>Claudia</i>	10:20 - 11:10h Fit & Fun K, B / 1 <i>Lisa</i>		10:30 - 11:30h Fitnessgymnastik K, F, B, C / 1 <i>Trainerteam BFC</i>	11:00 - 11:50h Bodystyling A, K, F / 2-3 <i>Christine</i>
11:15 - 11:45h Stretch & Relax MB, B / 1 <i>Tobias</i>		11:15 - 11:45h Stretch & Relax MB, B / 1 <i>Tobias</i>		11:15 - 11:45h Stretch & Relax MB, B / 1 <i>Tobias</i>		12:00 - 13:00h Dance-Fitness A, C, F, K / 1-2 <i>Larissa</i>
18:00 - 18:50h Bodystyling A, K, F / 2 <i>Mary Ann</i>	18:00 - 18:50h Just Dance A, C, F / 1 <i>Alina</i>	18:00 - 18:50h Bodystyling A, K, F / 1-2 <i>Nicole</i>	18:00 - 18:50h Zirkeltraining K, B / 1 <i>Tobias</i>	18:00 - 18:50h Wirbelsäule K, B / 1 <i>Katja</i>		
19:00 - 20:00h Vinyasa-Yoga MB, B, K / 1-2 <i>Julia</i>	19:00 - 19:50h Pilates K, F, B / 2 <i>Bianca</i>	19:00 - 19:50h Hatha-Yoga MB, B, K / 1-2 <i>Nicole</i>	19:00 - 19:50h Stretch & Relax MB, B / 1 <i>Tobias</i>	19:00 - 19:50h Zumba A, C, F / 1-2 <i>Katja</i>		
	20:00 - 20:30h Stretch & Relax MB, B / 1 <i>Tobias</i>					

Legende

A = Ausdauer

C = Choreografie

F = Fettverbrennung

K = Kraft

B = Beweglichkeit

MB = MindBody (Training für Körper, Geist u. Seele)

1 = Alle

2 = Mittelstufe

3 = Fortgeschrittene

Öffnungszeiten: Mo. - Fr. 7:00 - 21:00 Uhr

Sa. & So. 10:00 - 16:00 Uhr