

GROUPFITNESS, BOOTCAMP, TRIPLE MAX & INDOOR CYCLING

| Montag | Kurs | Instruktor |
|---------------|---------------------------|------------|
| 08.30 - 09.25 | PILATES & YOGA | DOROTHEE |
| 08.30 - 09.30 | INDOOR CYCLING | RAOUL |
| 09.30 - 10.25 | BAUCH BEINE PO | JANINE |
| 12.10 - 13.05 | BODY PUMP | TEAM |
| 17.30 - 18.25 | MED. RÜCKENFIT | VERA |
| 18.30 - 19.25 | BODY PUMP | MANUELA |
| 19.00 - 19.55 | TRIPLE MAX ab 18.9 | TEAM |
| 19.00 - 20.00 | INDOOR CYCLING | DOMINIQUE |
| 19.30 - 20.25 | BODY ATTACK | MISSY |

| Donnerstag | Kurs | Instruktor |
|---------------|-------------------------|------------|
| 08.30 - 09.25 | MED. RÜCKENFIT | MARVIN |
| 09.00 - 09.55 | BOOTCAMP ab 21.9 | LARISSA |
| 09.30 - 10.25 | BAUCH BEINE PO | JANINE |
| 12.10 - 13.10 | CYCLING ab 5.10 | GABRIELA |
| 18:00 - 18.55 | BODY BALANCE | DOROTHEE |
| 18.30 - 19.25 | BOOTCAMP ab 21.9 | LEO |
| 18:30 - 19.30 | INDOOR CYCLING | MISSY |
| 19.00 - 19.55 | BODY ATTACK | JASMIN |
| 20.00 - 20.55 | ZUMBA | ANTONELLA |

| Dienstag | Kurs | Instruktor |
|---------------|---------------------------|------------|
| 08:30 - 09.25 | MED. RÜCKENFIT | VERA |
| 09:00 - 09.55 | TRIPLE MAX ab 19.9 | LARISSA |
| 09:30 - 10.25 | BODY BALANCE | STEFFI |
| 18:00 - 18.55 | BODY ATTACK | MAYA |
| 18:30 - 19.30 | INDOOR CYCLING | GABRIELA |
| 18:30 - 19.25 | BOOTCAMP ab 19.9 | LEO |
| 19:00 - 19.55 | YOGA | ANDREAS |
| 20:00 - 20.55 | ZUMBA | PINA |

| Freitag | Kurs | Instruktor |
|---------------|---------------------------|------------|
| 08.30 - 09.25 | BODY BALANCE | VERA |
| 09.30 - 10.25 | BODY PUMP | ANDREA |
| 12.10 - 13.05 | TRIPLE MAX AB 22.9 | TEAM |
| 17.30 - 18.00 | CYCLING 30' | MISSY |
| 18:15 - 19.00 | BODY PUMP 45' | MISSY |

| Samstag | Kurs | Instruktor |
|---------------|---------------------------|------------|
| 09.30 - 10.25 | BODY ATTACK | MANUELA |
| 10.00 - 10.55 | TRIPLE MAX ab 23.9 | TEAM |
| 10.30 - 11.25 | BODY PUMP | TEAM |
| 11.30 - 12.25 | ZUMBA | TEAM |

| Mittwoch | Kurs | Instruktor |
|---------------|---------------------------|------------|
| 06.15 - 06.45 | RÜCKENFIT | JANINE |
| 08:30 - 09.25 | ZUMBA | VERA |
| 09.00 - 10.00 | INDOOR CYCLING | MARTIN |
| 09.30 - 10.25 | BODY PUMP | MANUELA |
| 12.10 - 13.05 | BOOTCAMP AB 20.9 | JIL |
| 17:30 - 18.25 | MED. RÜCKENFIT | JONAS |
| 18.30 - 19.25 | BAUCH BEINE PO | JANINE |
| 19.00 - 19.55 | TRIPLE MAX ab 20.9 | LUKA |
| 19.00 - 20.00 | INDOOR CYCLING | RAOUL |
| 19:30 - 20.25 | BODY PUMP | DEBBIE |

| Sonntag | Kurs | Instruktor |
|---------------|-------------------------|------------|
| 09:30 - 10.25 | BODY BALANCE | STEFFI |
| 09.30 - 10.25 | BOOTCAMP ab 24.9 | TEAM |
| 10.00 - 11.00 | INDOOR CYCLING | GABRIELA |
| 10.30 - 11.25 | BODY PUMP | TEAM |

Die Teilnehmerzahlen sind begrenzt. Bitte reserviere oder annulliere deinen Platz mindestens 4 Stunden vor Beginn, Online Desktop der Phoenix Webseite oder per App.