

## GROUPFITNESS, BOOTCAMP, TRIPLE MAX & INDOOR CYCLING

Montag	Kurs	Instruktor
08.30 - 09.25	<b>PILATES &amp; YOGA</b>	DOROTHEE
08.30 - 09.30	<b>INDOOR CYCLING</b>	RAOUL
09.30 - 10.25	<b>BAUCH BEINE PO</b>	JANINE
12.10 - 13.05	<b>BODY PUMP</b>	ANDREA / DEBBIE
17.30 - 18.25	<b>MED. RÜCKENFIT</b>	VERA
18.30 - 19.25	<b>BODY PUMP</b>	MANUELA
19.00 - 19.55	<b>TRIPLE MAX</b>	TEAM
19.00 - 20.00	<b>INDOOR CYCLING</b>	DOMINIQUE
19.30 - 20.25	<b>BODY BALANCE</b>	MISSY

Donnerstag	Kurs	Instruktor
08.30 - 09.25	<b>MED. RÜCKENFIT</b>	MARVIN
09.00 - 09.55	<b>BOOTCAMP</b>	LARISSA
09.30 - 10.25	<b>BAUCH BEINE PO</b>	JANINE
12.10 - 13.10	<b>INDOOR CYCLING</b>	GABRIELA
18.00 - 18.55	<b>BODY BALANCE</b>	DOROTHEE
18.00 - 18.55	<b>BOOTCAMP</b>	LEO
19.00 - 19.55	<b>BODY ATTACK</b>	JASMIN
19.00 - 20.00	<b>INDOOR CYCLING</b>	MISSY
20.00 - 20.55	<b>ZUMBA</b>	MARIA

Dienstag	Kurs	Instruktor
08.30 - 09.25	<b>MED. RÜCKENFIT</b>	VERA
09.00 - 09.55	<b>TRIPLE MAX</b>	LARISSA
09.30 - 10.25	<b>BODY BALANCE</b>	STEFFI
18.00 - 18.55	<b>BODY ATTACK</b>	MAYA
19.00 - 19.55	<b>BOOTCAMP</b>	LEO
19.00 - 19.55	<b>YOGA</b>	ANDREAS
19.00 - 20.00	<b>INDOOR CYCLING</b>	GABRIELA
20.00 - 20.55	<b>ZUMBA</b>	PINA

Freitag	Kurs	Instruktor
08.30 - 09.25	<b>BODY BALANCE</b>	VERA
09.30 - 10.25	<b>BODY PUMP</b>	ANDREA
12.10 - 13.05	<b>TRIPLE MAX</b>	TEAM
17.30 - 18.00	<b>CYCLING 30'</b>	MISSY
18.15 - 19.00	<b>BODY PUMP 45'</b>	MISSY

Samstag	Kurs	Instruktor
09.30 - 10.25	<b>BODY ATTACK</b>	MANUELA
10.00 - 10.55	<b>TRIPLE MAX</b>	TEAM
10.30 - 11.25	<b>BODY PUMP</b>	TEAM
11.30 - 12.25	<b>ZUMBA</b>	TEAM

Mittwoch	Kurs	Instruktor
06.15 - 06.45	<b>RÜCKENFIT</b>	JANINE
08.30 - 09.25	<b>ZUMBA</b>	VERA
09.00 - 10.00	<b>INDOOR CYCLING</b>	MARTIN
09.30 - 10.25	<b>BODY PUMP</b>	MANUELA
12.10 - 13.05	<b>BOOTCAMP</b>	JIL
17.30 - 18.25	<b>MED. RÜCKENFIT</b>	JONAS
18.30 - 19.25	<b>BAUCH BEINE PO</b>	JANINE
19.00 - 19.55	<b>TRIPLE MAX</b>	LUKA
19.00 - 20.00	<b>INDOOR CYCLING</b>	RAOUL
19.30 - 20.25	<b>BODY PUMP</b>	DEBBIE

Sonntag	Kurs	Instruktor
09.30 - 10.25	<b>BODY BALANCE</b>	STEFFI
09.30 - 10.25	<b>BOOTCAMP</b>	TEAM
10.00 - 11.00	<b>INDOOR CYCLING</b>	TEAM
10.30 - 11.25	<b>BODY PUMP</b>	TEAM

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