

GROUPFITNESS, BOOTCAMP, TRIPLE MAX & INDOOR CYCLING

Montag	Kurs	Instruktor
08:20 - 09:15	PILATES & YOGA	DOROTHEE
09:00 - 10:00	INDOOR CYCLING	NICOLE
09:30 - 10:25	BAUCH BEINE PO	JANINE
12:10 - 13:05	BODY PUMP	DEBBIE
17:30 - 18:20	RÜCKENFIT	JIL
18:30 - 19:25	BODY PUMP	MANUELA
19:00 - 19:55	TRIPLE MAX	LARISSA
19:00 - 20:00	INDOOR CYCLING	DOMINIQUE
19:30 - 20:25	BODY BALANCE	VERA

Donnerstag	Kurs	Instruktor
08:20 - 09:10	RÜCKENFIT	JIL
09:00 - 09:55	BOOTCAMP	LUKA
09:30 - 10:25	BAUCH BEINE PO	JANINE
12:10 - 13:05	ASHTANGA YOGA	JOCHEN
18:00 - 18:55	BODY BALANCE	DOROTHEE
18:30 - 19:25	BOOTCAMP	LEO
18:30 - 19:30	INDOOR CYCLING	NICOLE
19:00 - 19:55	BODY ATTACK	JASMIN
20:00 - 20:55	ZUMBA	MARIA

Dienstag	Kurs	Instruktor
08:20 - 09:10	RÜCKENFIT	LARISSA
09:00 - 09:55	TRIPLE MAX	RICCI
09:30 - 10:25	BODY BALANCE	STEFFI
12:10 - 13:05	INDOOR CYCLING	RAOUL
18:00 - 18:55	BODY ATTACK	MAYA
18:30 - 19:30	INDOOR CYCLING	MARTIN
18:30 - 19:25	BOOTCAMP	LEO
19:00 - 19:55	HATHA YOGA	ANDREAS
20:00 - 20:55	ZUMBA	PINA

Freitag	Kurs	Instruktor
08:20 - 09:15	BODY BALANCE	VERA
09:30 - 10:25	BODY PUMP	PIERA
12:10 - 13:05	TRIPLE MAX	TEAM

Samstag	Kurs	Instruktor
09:20 - 10:15	BODY ATTACK	MANUELA
10:00 - 10:55	TRIPLE MAX	TEAM
10:25 - 11:20	PUMP	DEBBIE
11:30 - 12:25	ZUMBA	TEAM

Mittwoch	Kurs	Instruktor
06:15 - 07:00	RÜCKENFIT	JANINE
08:30 - 09:25	ZUMBA	MARIA
09:00 - 10:00	INDOOR CYCLING	MARTIN
09:30 - 10:25	BODY PUMP	MANUELA
12:10 - 13:05	BOOTCAMP	JIL
17:30 - 18:20	ASHTANGA YOGA	JOCHEN
18:30 - 19:25	BAUCH BEINE PO	JANINE
19:00 - 19:55	TRIPLE MAX	LARISSA
19:00 - 20:00	INDOOR CYCLING	RAOUL
19:30 - 20:25	BODY PUMP	RETO

Sonntag	Kurs	Instruktor
09:20 - 10:15	BODY BALANCE	STEFFI
09:30 - 10:25	BOOTCAMP	TEAM
10:00 - 11:00	INDOOR CYCLING	TEAM
10:25 - 11:20	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.