

## GROUP FITNESS PLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<b>G'sund &amp; Fit</b> 09:00 – 10:00 Elke <b>K1</b>	<b>Athletic Performance</b> 09:00 – 10:00 Elke <b>AZ</b>	<b>Wohlfühl für Rücken, Nacken &amp; Schultern</b> 09:00 - 10:00 Elke <b>K1</b>		<b>Yin Yoga</b> 08:45 - 09:45 Petra <b>K2</b>	<b>Wohlfühl für Rücken, Nacken &amp; Schulter</b> 09:00 - 10:00 Stefan <b>K1</b>	
		<b>JUMPING Fitness Easy</b> 10:15 – 11:15 Petra <b>K1</b>		<b>JUMPING Fitness Easy</b> 10:00 – 11:00 Petra <b>K1</b>	<b>JUMPING Fitness</b> 10:15 - 11:15 Stefan <b>K1</b>	<b>Kraft- &amp; Ausdauerzirkel</b> 10:15 - 11:15 David / Samy <b>K1</b>
		<b>Bauch, Beine, Po Easy</b> 15:45 - 16:45 Andrea <b>K1</b>				
<b>JUMPING Fitness Easy</b> 16:15 - 17:15 Petra <b>K1</b>	<b>JUMPING Fitness Easy</b> 16:15 - 17:15 Samy <b>K1</b>	<b>JUMPING Fitness Kids</b> 16:00 - 16:45 Michi <b>K1</b>	<b>JUMPING Fitness Easy</b> 16:30 - 17:30 Marco <b>K1</b>	<b>Cross Athletics</b> 16:45 - 17:45 David <b>AZ</b> <b>NEU!</b>		
<b>Kraft- &amp; Ausdauerzirkel</b> 17:30 - 18:30 Marco <b>K1</b>	<b>Pilates</b> 17:30 - 18:30 Johanna <b>K1</b>	<b>Fascial Fit &amp; Stretch</b> 17:00 – 18:00 Marco <b>K1</b>				
<b>Pilates</b> 17:30 - 18:30 Petra <b>K2</b>	<b>Yin Yoga</b> 17:30 - 18:30 Andrea <b>K2</b>	<b>Bauch, Beine, Po</b> 17:00 - 18:00 Susi <b>K2</b>	<b>Bauch, Beine, Po</b> 17:45 - 18:45 Andrea <b>K2</b>			
<b>Athletic Performance</b> 17:30 - 18:30 Stefan <b>AZ</b>	<b>Athletic Hyrox</b> 17:30 – 18:30 Samy <b>AZ</b>	<b>JUMPING Fitness</b> 18:15 - 19:15 Marco <b>K1</b>	<b>Athletic Hyrox</b> 17:45 – 18:45 Marco <b>AZ</b>			
<b>JUMPING Fitness</b> 18:45 - 19:45 Stefan <b>K1</b>	<b>JUMPING Fitness</b> 18:45 - 19:45 Andrea <b>K1</b>	<b>H.I.I.T &amp; Stretch</b> 18:15 – 19:15 Christoph <b>K2</b>	<b>Wohlfühl für Rücken, Nacken &amp; Schultern</b> 19:00 - 20:00 Christoph <b>K1</b>			
<b>Athletic Performance</b> 18:45 – 19:45 Marco <b>AZ</b>	<b>Bauch, Beine, Po Spezial</b> 18:45 - 19:45 Marco <b>K2</b>	<b>Athletic Performance</b> 18:15 – 19:15 Samy <b>AZ</b>	<b>Athletic Zirkel</b> 19:00 - 20:00 Natalie <b>AZ</b> <b>NEU!</b>			
<b>Bauch, Beine, Po – Spezial</b> 18:45 - 19:45 Natalie <b>K2</b> <b>NEU!</b>	<b>Kraft- &amp; Ausdauerzirkel</b> 20:00 - 21:00 Marco <b>K1</b>	<b>JUMPING Fitness</b> 19:30 - 20:30 Natalie <b>K1</b>				
		<b>M.A.X.</b> 19:30 - 20:30 Christoph <b>K2</b>				

**K1** Kursraum 1   **K2** Kursraum 2   **AZ** Athletic Zone (im EG)

