RÜCKGRAT
Sport & Gesundheit

GÜLTIG AB **6. JULI 2020**

MONTAG

- 08.30 Step
- 09.00 (90 Min) Nordic Walking
- 09.30 BodyPump
- 11.00 fle-xx WS
- 17.30 Pilates 2
- 18.15 BodyPump
- 18.30 BodyBalance 2
- 19.30 (90 Min) Vinyasa Yoga
- 20.00 fle-xx WS 2

DIENSTAG

- 09.00 fle-xx WS
- 10.00 Vinyasa Yoga
- 18.00 (30 Min) CxWorx
- 18.30 Box Fitness
- 18.30 fle-xx WS 2
- 19.30 World Jumping
- 19.30 Indoor Cycling 2

MITTWOCH

- 09.00 Faszien Training
- 09.00 Indoor Cycling 2
- 10.15 Bodyforming
- 17.30 Bodyforming
- 18.30 fle-xx WS
- 19.30 BodyPump
- 19.30 (90 Min) Vinyasa Yoga 2

DONNERSTAG

- 09.00 fle-xx WS
- 10.00 Zumba
- 11.00 World Jumping
- 18.30 (30 Min) CxWorx
- 18.30 fle-xx WS 2
- 19.00 World Jumping
- 20.00 Zumba

FREITAG

- 09.00 BodyPump
- 10.15 Vinyasa Yoga
- 12.30 (30 Min) fle-xx Pur
- 17.30 BodyBalance
- 18.30 BodyPump

SAMSTAG

- 10.00 (90 Min) Pilates

SONNTAG

- 10.00 Cardio Workout
- 11.00 Bodyforming

Straffung & Figur
Entspannung & Ausgleich
Cardio

ÖFFNUNGSZEITEN

Mo – Fr 08.00 – 22.00 Uhr
Sa, So & Feiertage 08.00 – 20.00 Uhr