

Fitamin - Kursplan (ab dem 22.12.2021)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:15-09:45 Fit über 60		09:30-10:30 Yoga		9:25-10:25 Jessis Special		
09:45-10:45 Yoga		10:30-11:30 Full Bodyworkout		10:30-11:30 Yogilates		12:00-13:30 Tabata low intensity/ Tabata high intensity
10:45-11:45 Wirbelsäulen- gymnastik					12:30-13:30 Indoor- Cycling	
17:45-18:45 Pilates					13:45-14:45 Les Mills Bodypump	
18:45-19:15 Bauch spezial	18:30-19:30 After Work		18:00-19:00 Indoor- Cycling	17:00-18:00 Low Impact/ HIIT		
19:15-20:15 Wirbelsäulen- Gymnastik	18:45-19:45 Dynamic Yoga		18:00-19:00 Les Mills Bodypump	18:00-19:00 Yoga		
19:15-20:15 Indoor- Cycling			19:15-20:15 Yoga			