

fitNessen

Für Muskel und Hirn.

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

LES MILLS
BODYPUMP
9.00 - 10.00

LES MILLS
BODYPUMP
12.15 - 13.00

LES MILLS
CXWORX
12.15 - 12.45

LES MILLS
GRIT | **CARDIO**
18.00 - 18.30

LES MILLS
BODYPUMP
18.00 - 19.00

LES MILLS
CXWORX
18.15 - 18.45

LES MILLS
BODYPUMP
18.30 - 19.30

LES MILLS
CXWORX
18.30 - 19.00

LES MILLS
GRIT | **STRENGTH**
18.30 - 19.00

LES MILLS
BODYCOMBAT
18.45 - 19.45

SCHWINN
19.45 - 20.45

TRX **FLOW**
19.05 - 20.05

LES MILLS
BODYCOMBAT
19.05 - 20.05

TRX **BLAST/CIRCUIT**
19.30 - 20.15

TRX **BLAST/CIRCUIT**
20.00 - 20.45

BODYENGINEER

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