



# GYMNASTIK Stundenplan ab September 2024



ZEIT	MONTAG	DIENSTAG		MITTWOCH		DONNERSTAG	FREITAG
08:00	08:00 - 09:30 TriYoga	08:00 - 09:00 Mobility Workout		08:45 - 09:45 Fit in den Tag			
09:00	09:45 - 10:30 Pilates						
14:00				14:00 - 15:00 Hockergymnastik			
16:00						16:00 - 17:00 Gesundheits- gymnastik	
17:00							17:00 - 18:00 Functional Power Workout
18:00	18:30 - 19:00 Step Dance (ab 21.10.)	18:00 - 19:00 Rücken & Faszien				18:15 - 19:15 PowerVit (ab 21.10.)	18:00 - 18:45 Stepaerobic
19:00	19:00 - 20:00 Bodyshape (ab 21.10.)	19:15 - 20:15 AROH Fitness	19:30 - 20:30 Fitness- gymnastik	19:00 - 20:00 Zumba	19:00 - 20:00 Workout		