

Kursprogramm Olympia Fitness

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	bodyworkout 09.00 - 10.00 h Tanja		Sunrise Yoga 7.15 - 8.15 h Toni Nemeth	Tabatatraining 09.00 - 10.00 h Katharina		
Faszientraining 09.15 - 10.00 h Toni Nemeth	Yoga 10.00 - 11.00 h Dagmar	bodyART 09.00 - 10.00 h Toni Nemeth	Functional Workout 09.00 - 10.00 h Marco	Spinning 10.00 - 11.00 h Katharina		Body & Mind 10.00 - 11.00 h Jürgen
					N.Y. Boxercise 15.30 - 16.30 h	Spinning 11.00 - 12.00 h Birgit
TRX 17.15 - 18.00h Tanja Biersack	funktionelles Training (Rehasport) 16.00 - 17.00h Elke N.		funktionelles Training (Rehasport) 16.00 - 17.00h Elke N.		Spinning 16.30 - 17.30 h Erik	
Spinning 18.00 - 19.00 h Tanja	Deep Work 18.00 - 19.00 h Toni Nemeth	Tabata Mix 18.00 - 19.00 h Katharina	Functional Bodyworx 18.00 - 19.00 h Achim	Pilates 17.30 - 18.30 h Anke		
Functional Workout 19.00 - 20.00 h Georg	Hot Iron 19.00 - 20.00 h Jürgen M.	Spinning 19.15 - 20.15 h Jürgen P.	bodyART 19.00 - 20.00 h Nadine Mangold	Zumba 18.30 - 19.30 h Julia		
bodyART Training 20.20 - 21.20 h Toni/Anke	Step Basic & Work 20.00 - 21.00 h Tanja B.			Spinning 19.30 - 20.30 h Stefan		

Mo, Mi & Fr 8.00 - 22.00 | Di & Do 7.00 - 22.00 h
Sa 14.00 - 20.00 h | So 10.00- 20.00 h

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