

Kursprogramm Olympia Fitness

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	Functionalworkout 09.00 - 10.00 h Tanja		Sunrise Yoga 7.15 - 8.15 h Toni Nemeth	Tabata 09.00 - 10.00 h Katharina		
Faszientraining 09.00 - 10.00 h Toni Nemeth	Yoga 10.00 - 11.00 h Dagmar	bodyART 09.00 - 10.00 h Toni Nemeth	Functionalworkout 09.00 - 10.00 h Marco	Spinning 10.00 - 11.00 h Katharina		Body & Mind 10.00 - 11.00 h Jürgen
						Spinning 11.00 - 12.00 h Birgit/ Eric
TRX 17.15 - 18.00h Tanja Biersack	Rehasport/ Funktionelle Gymnastik 16.00 - 17.00 h				bodyART 17.00 Uhr Toni	
Spinning 18.00 - 19.00 h Tanja	Deep Work 18.00 - 19.00 h Toni Nemeth	Tabata Mix 18.00 - 19.00 h Katharina		Pilates 17.00 - 18.00 h Anke		
NEU!! Zumba 19.15 - 20.15 h Walter	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 18.00 - 19.00 h Julia		
bodyART Training 20.20 - 21.20 h Toni/Anke	Step Basic & Work 20.00 - 21.00 h mit Tanja B.			Spinning 19.00 - 20.00 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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