

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	Indoorcycling 10.00 - 11.00 h Katharina		Body & Mind 10.00 - 11.00 h Jürgen
						Indoorcycling 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	
Indoorcycling 18.00 - 19.00 h Tanja	Deep Work 18.00 - 19.00 h Toni Nemeth	Tabata Mix 18.00 - 19.00 h Katharina	Functionalworkout 17.45 - 18.45 h Sabine	Pilates 17.00 - 18.00 h Anke		
Zumba 19.15 - 20.15 h Walter	Hot Iron 19.00 - 20.00 h Jürgen M.	Indoorcycling 19.15 - 20.15 h Jürgen P.	Sixx Pack/ Rücken Training 18.45 - 19.15 h Sabine	Indoorcycling 18.00 - 19.00 h Birgit	QR Code scannen, App downloaden und ganz einfach für die Kurse anmelden.	
bodyART Training 20.20 - 21.20 h Toni/Anke	Step Basic & Work 20.00 - 21.00 h mit Tanja B.		Body & Mind 19.15 - 20.00 h Anke	Zumba 19.00 - 20.00 h Julia		

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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