


| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---|---|---|---|---|---|---|
| Faszientraining 09.00 - 10.00 h Toni Nemeth | Functionalworkout 09.00 - 10.00 h Tanja | bodyART 09.00 - 10.00 h Toni Nemeth | Sunrise Yoga 7.15 - 8.15 h Toni Nemeth | Tabata 09.00 - 10.00 h Katharina | | |
| Sixx Pack 10.00 - 10.30 h | Yoga 10.00 - 11.00 h Dagmar | Sixx Pack 10.00 - 10.30 h | 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 Klaus/ Eric |
| TRX 17.15 - 18.00 h Tanja Biersack | | | | | Indoorcycling 16.00 - 17.00 h Eric | |
| Indoorcycling 18.00 - 19.00 h Tanja | | | | | bodyART 17.00 - 18.00 h Toni | |
| BAX 19.00 - 19.30 h Toni | Deep Work 18.00 - 19.00 h Barbara | Zumba 18.00 - 19.00 h Michelle | Functionalworkout 17.45 - 18.45 h Sabine | Pilates 17.00 - 18.00 h Anke | | |
| Sixx Pack/ Rücken Training 19.30 - 20.00 h Toni | 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.  Anmelde/Absagepflicht für alle Kurse! | |
| bodyART 20.00 - 21.00 h Toni | | | Body & Mind 19.15 - 20.00 h Anke | Zumba 19.00 - 20.00 h Julia | | |

OLYMPIA
FITNESSGROUP

Mo, Mi & Fr 8.00 - 22.00 | Di & Do 7.00 - 22.00 h
Sa 13.30 - 20.00 h | So 10.00 - 20.00 h
Tel. 07304 | 7950

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