GYMMY SHAPE & CLUB

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | Feiertage |
|---|---|---|---|---|---|---|---|---|
| 07:00 | | | 7:15 - 8:00<br>Zirkeltraining am Tower | | | | | |
| 08:00 | | | | 8:00 - 9:00<br>Bauch Beine Po Rücken + Stretching | | | | |
| 09:00 | 9:00 - 10:00<br>Zirkeltraining am Tower + Stretching | 09:00-10:00<br>DYNAMIC PILATES | 9:00 - 10:00<br>GYMMYnastics | 9:15 - 10:00<br>TRX RIP | 09:00-10:00<br>DYNAMIC PILATES | | | |
| 10:00 | | 10:00 - 10:30<br>Wirbelsäule + Core | | | 10:00-10:30 Wirbelsäule + Core | 10:30 - 11:30<br>BEACH SHAPE TRX | 10:30 - 12:00<br>YOGA | |
| 11:00 | | | | | | 11.30- 12:00<br>Blackroll + Stretching | 11:00- 12:00<br>Zirkeltraining am Tower | 11:00 - 12:00<br>Zirkeltraining am Tower + Stretching |
| | | | | | 14:30 - 15:15<br>Zirkeltraining am Tower | | | |
| 16:00 | | | | | | 16:00 - 19:00<br>Tischtennis freies Spiel Kursraum | 16:00 - 18:00<br>Tischtennis freies Spiel Kursraum | 16:00 - 18:00<br>Tischtennis freies Spiel Kursraum |
| | | 17:30 - 18:30<br>KICKBOXEN | | | | | | |
| 18:00 | 18:00-19:00<br>GYMMYnastics | | 18:00 - 19:00<br>BOOTCAMP | 18:00-19:00<br>GYMMYnastics | | | 18:00 -19:00<br>STEP FATBURN | 18:00 - 19:00<br>Zirkeltraining am Tower + Stretching |
| 19:00 | 19:00 - 20:00<br>FunctionalBody-Weight Workout | 19:00 - 20:00<br>YOGA | 19:00 - 20:00<br>BOXEN | 19:00 - 20:00<br>YOGA | 19:00 - 20:00<br>TRX Zirkel am Tower | | 19:00 - 20:00<br>BODYSHAPING | |
| 20:00 | 20:00 - 21:00<br>BEACH SHAPE TRX | 20:00 - 21:00<br>YOGA | 20:00 - 21:00<br>BEACH SHAPE TRX | 20:00 - 21:00<br>BODYSHAPING | 20:00 - 20:30<br>Blackroll + Stretching | | | |
| 21:00 | | | | | | | | |